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# Former UNO student, National Guard sergeant's unit called to active duty

JOSIE LOZA  
NEWS EDITOR

The smell of sizzling hamburgers, clinking of cold drinks and laughter from friends and family members filled the house of Sgt. Tommy Jelinek's father Sunday.

Those sounds will soon be absent for quite sometime for the 24-year-old, whose unit will soon be deployed.

"I'm going to miss being able to relax at home, play golf and seeing my family and friends," he said.

Jelinek, a nuclear biological chemical war specialist, serves the Nebraska National Guard's 754th Chemical Company. The 70-member unit was called to active duty and given assignments March 20 to leave for Fort Riley, Kan., to deploy as part of the U.S. war against Iraq.

Jelinek, a former UNO student, would like to continue studying when he returns from his assignments. Ultimately, he would like to become a high school history teacher.

Jelinek, who has served the guard for

four years, said he is glad to see the progress in the war. Nearly one-third of the Nebraska's National Guard has been called to active duty. Most are excited about the deployment because they have been expecting it for months.

"When I first started, I didn't think I'd go to war," he said. "During training, our drill sergeant would tell us to become well prepared in case it became reality."

It wasn't until Sept. 11 that the thought of war became apparent for Jelinek. After hearing the numerous news reports of terrorism that struck American



photo by Chris Muehman

Former student Tommy Jelinek's 70-member unit was given assignments March 20 to leave for Fort Riley, Kan., as part of the U.S. war on Iraq.

soil, he knew the country was going to take action.

"You knew something was going to happen," he said.

Since Jelinek entered the guard a few years after high school, he has completed basic training and various instructions to help him in the chemical warfare field.

"We have had excellent training," he said. "It's continual training, but I feel fully prepared."

Even though the activation notice was pretty quick for the Jelinek family, he said everyone has been understanding about his departure.

"They kind of had to start preparing

for it," he said. "They all kind of knew it was going to happen"

Jelinek said his unit would spend a brief time in the United States working under a terrorist taskforce before it is sent overseas.

For Jelinek, he has no question whether it was right for the United States to take action against Iraq.

"I feel it is important to disarm Saddam Hussein and potential terrorists," he said.

The chemical company is responsible for not only the biochemical safety of civilians but also the troops fighting in Iraq.

"Our job has been to go out and find chemical and biological agents to decontaminate," Jelinek said. "So other units don't go out in it."

Each guard will be issued individual arms while overseas.

Jelinek's unit will also carry decontamination suits, rubber boots, gas masks and chemical detectors. Jelinek's orders are for one year, but he said they could be extended to two or more years.

"I think it is an honor to serve the country," he said.

# Only embedded journalist for college newspaper hits Kuwait

JEFF ROWE

THE ORANGE COUNTY REGISTER

Editor's note: To learn more about Larson's experience in Iraq, read his column on page 8 in the Opinion section.

While his classmates at California State University, Fullerton, are scoping out sunny locations for spring break, Ronald Paul Larson arrived Monday in a very warm place.

Kuwait.

It's nice this time of year in the desert kingdom - well, except for the severe sandstorms, such as the one that recently blew down 17 U.S. Army tents.

Grilling, 120-degree heat is just a few weeks away. Nary a river nor a lake interrupts the country's flat carpet of sand.

So why did Larson spend \$1,403 for a round-trip airline ticket to Kuwait City?

He wants to cover a war.

Larson's decision to practice journalism halfway around the globe came as he neared the end of course work for a master's degree in history.

The studied pace of a college professor, his goal when he enrolled at Cal State Fullerton, has been

replaced by a new aspiration - correspondent. At 39, he's older than most of the other staff members at the *Daily Titan*, but he's perhaps the most driven.

Besides airfare, Larson reached into his own wallet for a satellite telephone rental (\$185 a month, \$1.80 per minute), antenna, transmission data kit, adapter and batteries (\$308) flak vest (\$130) and a used Kevlar helmet (\$85). The helmet's former owner apparently was "Prewitt." That's the name printed on the inside.

Pay will be a hearty thanks from the *Daily Titan* and perhaps two credits for "independent study."

After Larson has sent his dispatches to the *Daily Titan*, the paper will make them available to college newspapers around the nation.

He also will be writing for the Kenosha (Wis.) News, his hometown newspaper; Red Eye, a newspaper for young people in Chicago; and The Orange County Register.

Each of those papers will pay him a piece rate for his work. At best, Larson probably will earn enough to pay for his trip and equipment.

Larson frets less about his



photo by David Anderson/Orange County Register

California State University-Fullerton *Daily Titan* correspondent Ron Larson, 39, tests the satellite phone he took to Kuwait. Larson is the only journalist for a college newspaper to be embedded with military forces to cover the war in Iraq.

safety than possible technological problems with his laptop computer, satellite telephone, video camera and 35mm still camera. Should the improbable happen, though, and all that equipment fails, Larson may be able to entertain the troops. In high school, he tap-danced a number in his school's production of "No, No, Nanette."

When he was told earlier this

month that the Defense Department had accepted his application to cover the Middle East buildup, Larson said he was excited but also nervous that he might be getting in over his head.

"I still feel that way," he said before leaving.

His parents and older sister, all back in Kenosha, where he grew up, are "worried, nervous and

excited" about his trip, he said.

His editor and the *Titan* faculty adviser are confident.

"It's a great opportunity for Ron and the *Daily Titan*," said Professor Tom Clanin, the paper's faculty adviser. "He's going to focus on profiles and personalities - he will put a human face on the war."

And he has seen combat.

After completing his Army service mostly guarding weapons in Germany, Larson journeyed to Afghanistan and spent a month taking pictures of Mujahedeen soldiers fighting the Soviet army.

Larson wonders whether he will be deep in Iraq a month from now.

He will be eating, sleeping and traveling with the unit he is attached to, a radical departure from the access allowed journalists in previous conflicts.

His role model is Ernie Pyle, the famed World War II correspondent who focused on the ordinary soldier's life. He says he "questions the wisdom" of the U.S. attack on Iraq, "but as far as my job, I'm apolitical."

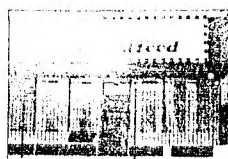
"My job will be to explain what life is like for these soldiers," he said. "I just hope my equipment will not break, and I will do a good job."

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SPORTS

## UNO fraternity spared by Greek Judicial Board

JOSIE LOZA  
NEWS EDITOR

A UNO fraternity that threw a party at its house where police ticketed 91 people on suspicion of underage drinking was given a second chance.

On March 14, UNO's Greek Judicial Board held a closed meeting to decide what disciplinary action it would take against the Sigma Phi Epsilon fraternity for the citations.

Cory Butler, the fraternity chapter's president, said among the sanctions, Sigma Phi Epsilon was placed on probation. This means the fraternity is not allowed to hold social functions at the house, located at 3301 Hamer St., for the rest of the academic year. The fraternity must also pay a \$1,000 fine to the national fraternity.

Butler said the 73-member fraternity was spared deactivation, the worst punishment for a greek organization.

The university, national fraternity and local chapter all came to a consensus that the house will become permanently dry.

Undercover officers were at the March 8 party, which drew an estimated 200 people, ranging in age from 17 to 20.

Partygoers refused to open the door when other officers arrived to break up the party. Concerned about the safety for the undercover officers inside, police broke down the door.

"It all happened really fast," Butler recalled.

University officials declined to comment on the proceedings or rulings because of confidentiality rules.

"I don't ever think anyone wants bad light shined upon them or their organization," Butler said. "We were rightly punished."

The fraternity hasn't had such bad light shined upon it since 1997, when 65 people were ticketed on suspicion of underage drinking at the house. About 150 people were in attendance at a party at the fraternity house that year when police officers showed up shortly after midnight.

Butler said his chapter does not thrive around the social function of the greek organization. He said the fraternity's members almost always maintain a 3.0 GPA.

"It's not like we're the first people to get in trouble on campus," he said.

In 2001, Omaha police ticketed 25 people on suspicion of being minors in possession of alcohol at a Pi Kappa Alpha fraternity party. The meeting space rented by the organization was located near 66th and Grover streets.

Rita Henry, assistant to the vice chancellor of student affairs, the decision against Sigma Phi Epsilon will affect how other greek organizations on campus operate. Policies for how the organizations function, however, will remain the same.

"I don't think at this time there is a need to change any policy," she said.

Butler believes his chapter will continue to strive for excellence.

"Overall, it'll make us a better fraternity," he said. "Life doesn't revolve around our social functions. It'll give us more time to worry about ourselves and build stronger relationships amongst ourselves."

## Women of Color awards winners announced

JOSIE LOZA  
NEWS EDITOR

Women from the Omaha area were honored for their contributions to business, education, volunteerism and youth March 20 at the first UNO Women of Color Awards Luncheon.

More than 263 people attended the sold out luncheon, which was held in the Ballroom of the Milo Bail Student Center.

University of Nebraska President L. Dennis Smith established the WOC Awards Recognition Planning Committee to acknowledge outstanding contributions and leadership made by women of color in the Omaha area. The committee asked organizations and the general public for nominations of women to be recognized for contributions to their communities.

Judy Pearl-Lee, president and owner of Frontier Bag Company, Inc., was the recipient of the Business/Entrepreneur Award. Gina Ponce, program manager of the South Omaha outreach at Bellevue University, received the Education Award. Jamie Grimes Moore, vice president of volunteer and community service at United Way of the Midlands, received the Professional Volunteer Award. Rosha Taylor, a junior at Northwest High School, received the Youth Leadership Award.

Each recipient was invited to participate in community speaking events and serve as a role model or mentor for various university functions.

Joyce Roché, president and chief executive officer of Girls Incorporated, was the keynote speaker at the luncheon, which was sponsored by UNO, ConAgra Foods Inc. and State Farm Insurance.

## Many Americans choose to put the 'freedom' in fries

JOSIE LOZA  
NEWS EDITOR

Some restaurants across the United States are renaming French fries "freedom fries" at the direction of Republicans to protest the French stance on Iraq.

Freedom fries?

The new word on the menu has many people shaking their heads.

"I think changing the name is a bit ridiculous," said Luke Park, a UNO student.

Although Village Inn Restaurants have not changed their menus, Ivan McIntyre, an associate manager, said the decision might still be in the works at the restaurant's corporate office.

"At this time they haven't done anything," McIntyre said. "Several thousands of customers come in throughout the week, 25 percent of which consume fries."

McIntyre, who works at the Bellevue location near Offutt Air Force Base, believes many of the restaurant's military customers would appreciate the change.

"Since we're located so close to the base," McIntyre said, "we have a lot of military families that dine here."

The term "French fries" did not originate in France.

According to the Home of Forum Web site, the history of French fries dates back to 200 B.C., where potatoes had been farmed in Peru for more than 2,000 years.

When the Spanish invaded Latin America in 1524, they brought the crop potato back to Europe. The dish was first prepared as early as the 1700s in France and was called fried potatoes.

Thomas Jefferson first exposed Americans to French fries.

When Jefferson was in Paris in the late 1700s, he sampled the dish. He liked it so much that he brought the recipe back to the United States.

At a White House dinner in 1802, the menu included "potatoes served in the French manner." But that's not how French fries got their name.

French fries became popular in London in 1864, when people put "fish and chips" on restaurant menus. Chips were another name for the fried potatoes.

In 1918, American soldiers stationed in France gobbled up the popular fried potatoes. In fact, it was American soldiers who renamed the potatoes French fries.

Last year, the Forum reported that more than 4.5 billion pounds of French fries were sold in the United States.

Some Americans support the idea of the decision to change all French product names or boycott French products. Many think if France won't support the United States, the States should not support France.

Park, however, believes the French have their reasons for not joining forces with the United States.

"The French just don't like Americans," he said. "They don't agree with the concept that America is the

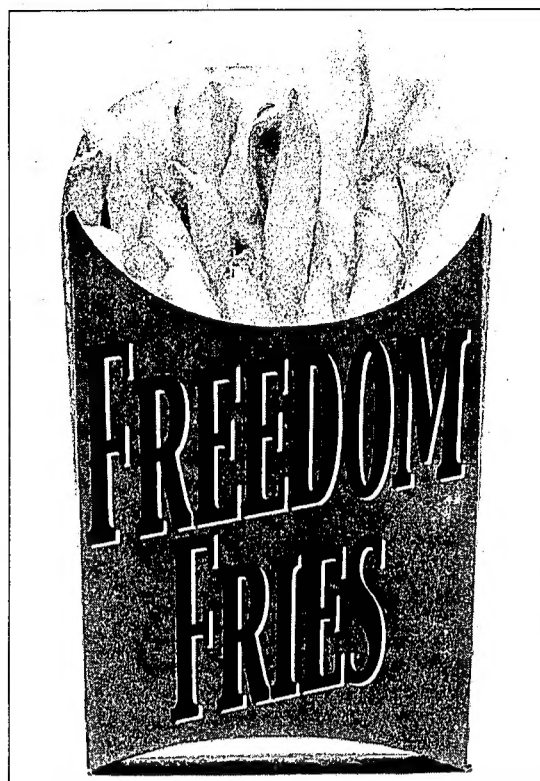


Photo illustration by Josh Williamson

No. 1 country."

Park has mixed emotions about boycotting French products.

"When people boycott a product, it usually doesn't last very long," he said. "Especially if it's a product they use. Why else would they boycott it?"

If the United States, which originally gave French fries their name, decides to change that name, it is something Americans would have to get used to.

But it can be assumed not all Americans will follow suit and replace French with freedom.

Said Park: "I will continue to say French fries out of habit."

**PUBLIC SALE:** There will be a public auction of university surplus property at the warehouse at 3805 No. 16th Street on Saturday, March 29, 2003. Standley Auction & Realty Co. will handle the sale. Items may be viewed starting at 8:00 a.m. on the sale day with the auction to start at 10:00 a.m.

- 2 air conditioning units, 15-ton lieber units without the condensers
- bookcases, metal
- misc. computer parts
- wooden & plastic tablet arm chairs
- assorted tables
- copiers
- assorted desks, wooden and metal
- printers, computer terminals
- calculators, adding machines
- fire safe with key
- file cabinets
- photo enlargers (2)
- assorted shelves (wood)
- televisions & VCRs
- incubators (2)
- lab refrigerators
- swimming pool lane markers
- movie slide projectors
- modems
- rhino boots (4)
- basketballs
- magazine rack
- heavy wood & metal doors
- CPU speakers
- scanners
- used VCR tapes
- movie projectors
- wood doors
- CPUs
- monitors
- vacuum tube volt meters
- 2 coolers

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# UNMC announces budget-reduction plan

JOSIE LOZA  
NEWS EDITOR

UNMC announced plans to reduce its budget by \$2 million for the 2003-04 fiscal year.

On March 10, UNMC reported it will be cutting two areas — academic support services and faculty support.

State support for 34 full-time UNMC positions, including 8.5 faculty positions, will be eliminated. Revenue sources other than state support will be sought to fund those jobs deemed essential to the medical center.

"None of these cuts are easy," UNMC Chancellor Harold Maurer said in a press release. "We've tried to preserve our educational programs in these cuts, and I think that we've done a good job of selecting parts of the budget that will have the least impact on the overall vision of UNMC."

Approximately 28 percent of the medical center's budget is state-supported. The rest of the campus's funding is generated from cash accounts such as student tuition and clinical revenue; federal grants and contracts; restricted funds from nonfederal grants and contracts; and the University of Nebraska Foundation distributions.

The announcement marked the fourth time over the past two years UNMC's state support has been reduced. In all, \$6.7 million in state appropriations has been cut.

The budget report, which comprised the first phase of cuts for this year, likely isn't the last budget-reduction announcement for this year. UNMC will announce its next round of cuts in mid-April.

The final phase of cuts is expected to be announced in June after the Legislature has adjourned and the University of Nebraska Board of Regents has set tuition rates.

To show support, more than 40 Nebraska organizations have adopted resolutions asking that the University of Nebraska be considered a high priority for funding as the Legislature moves toward completion of the budget for the 2003-04 biennium.

NU President L. Dennis Smith said in a press release that he appreciates the expressions of support: "These agriculture, business, civic, employee, alumni and arts organizations recognize the need to keep the university adequately funded to provide high-quality education for Nebraska's young people and services to citizens across the state."

## News from around the campus

JOSIE LOZA  
NEWS EDITOR

### Next on the chopping block

The Staff Advisory Council will today sponsor an informational forum on the current budget reduction plan.

The event will be held at 9 a.m. in the Ballroom of the Milo Bail Student Center. It is open to the UNO community.

Chancellor Nancy Belck and the vice chancellors for academic affairs, student affairs and business and finance will be at the meeting to answer questions and gather input.

### Watching history as it happens

Television coverage of the war in Iraq will be available on campus in the following locations:

- Milo Bail Student Center TV Lounge
- Eppley Auditorium
- University Village Clubhouse
- Durham Science Center lobby
- Peter Kiewit Institute lobby

Counselors will also be available in Room 115 of the Eppley Administration Building.

For more information, call 554-2409.

### Gab n' Grub

The UNO Career Center will host the spring career fair, "Jump on the MAVPATH to Success," Wednesday. The event will be held in the Milo Bail Student Center from 10 a.m. to 3 p.m.

Nearly 60 employers will set up booths to share information about their organizations. A complete listing of attending organizations can be found on the Career Center's Web site at [www.careers.unomaha.edu](http://www.careers.unomaha.edu).

A free lunch will be provided.

For more information, contact the Career Center at 554-2333.

### Feel like dancing?

Saule, an internationally acclaimed folk dance ensemble from Lithuania, will perform Wednesday in the Strauss Performing Arts Center Recital Hall. The event, which is free and open to the public, will begin at 7:30 p.m.

The performance is sponsored by the UNO Department of Music, the UNO College of Fine Arts, International Studies and Programs and the Omaha Sister Cities Association Lithuanian Programs Committee.

For more information, contact Roger Foltz in the UNO Department of Music at 554-2474.

### Diversify your career

The University of Nebraska College of Law will host a Diversity Law Day March 27 at UNO. The event will be held from 4 to 6 p.m. in the Chancellor's Room in the Milo Bail Student Center.

The free program is open to students who desire to learn more about law school. It will provide information about preparing for law school, the LSAT and the admission process, financing a legal education and career opportunities. The event is co-sponsored by UNO's Office of Multicultural Affairs.

For more information, call the Law College's admissions office at (402) 472-2161.

### Joining forces

All nine of the country's existing police auditors will travel to Omaha to participate in the first National Police Auditors Conference, which will be held March 27 and 28.

The future of police auditing in the United States will be debated at the national conference. The event is sponsored by the Police Professionalism Initiative at UNO and will be held at the Embassy Suites, 555 S. 10th St.

Police auditors are an alternative form of citizen oversight of police. They are responsible for investigating citizen complaints that remain with the police department and other aspects of police operations.

The conference is designed to facilitate a wide-ranging discussion of the role of police auditors, their achievements to date, problems facing police auditors and the future of police auditing.

For more information about the conference, call 554-3590.

# Omaha postmaster to unveil Cesar Chavez stamp at luncheon

JOSIE LOZA  
NEWS EDITOR

The life and works of Cesar Chavez and the principles of equality and justice he stood for will be honored Thursday at UNO.

A luncheon celebration in tribute to Chavez will be held at noon in the Milo Bail Student Center Ballroom.

"Cesar Chavez is a role model to millions of people and UNO is proud to celebrate his accomplishments," said Luis Muralles, adviser for cultural awareness programs.

The fourth annual luncheon will acknowledge the accomplishments of Chavez. He was one of the nation's foremost leaders of organized labor and founded the National Farm Worker's Association, which later became affiliated with the AFL-CIO.

A new postal stamp in honor of Chavez will be unveiled at the luncheon by Omaha Postmaster EvaJon Sperling.

"Now, with such a growing Latino population, it would be a good thing for us to have here," Muralles said.

Maria Arbelaez, an assistant professor of history at UNO, will be the keynote speaker. During the program, she will give an address about Chavez, who practiced non-violent strikes and pickets to promote

higher wages and better working conditions for farm workers.

He began organizing the Hispanic farm workers of Arizona and California in 1962. Through strikes and nationwide boycotts, he

won union recognition and contracts from California grape and lettuce growers. He led a successful five-year strike and boycott that rallied millions of supporters to the United Farm Workers. At 61, he fasted for 25 days in protest of the harmful impact of pesticides.

Chavez founded and led the first successful farm workers union in American history. He died at age 66 as president of the United Farm Workers of America.

A guitar and vocal trio, Trilogia, will present traditional and popular Latin music at the luncheon.

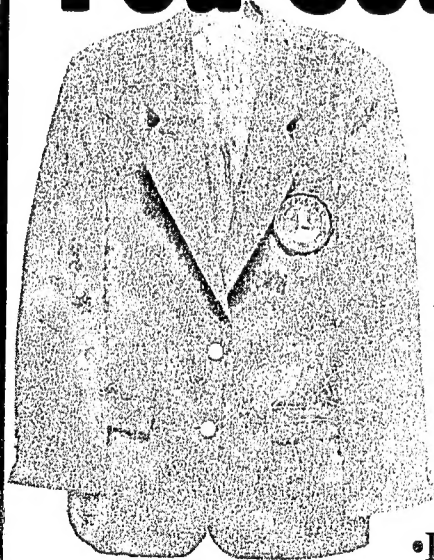
"It's a good opportunity to get the word out not only about Chavez," Muralles said, "but also about education and culture."

Tickets can be purchased in the Business Office of the Student Center. They are \$3 for students, \$4 for faculty and staff and \$5 for the general public. The event is co-sponsored by UNO's Cultural Awareness Programs and Student Organizations and Leadership Programs.

For more information, contact Muralles at 554-2711.



## You Could Be Wearing This and be...



- Meeting Influential People
- Building Your Resume
- Serving the University
- Receiving a \$200 Scholarship

**The UNomaha Ambassadors are recruiting** for the 2003-2004 school year. Ambassadors represent the university at a variety of social and business functions sponsored by the Chancellor, Vice Chancellors, Deans, and other individuals and departments on campus.

### Criteria for selection includes:

- 27 credit hours by May 2003 and a 2.5 GPA
- Full-time student status in 2003-2004 school year
- Superior communication skills
- Strong interest in service to the university

Applications are available in the Vice Chancellor of Student Affairs' office, EAB 211. Call 554-2779 if you have any questions. All applications are due by Friday, April 11.

## Enter Omaha's Stage Right, exit full, fully caffeinated

REVIEW BY  
RAE LICARI  
COPY EDITOR

The Orpheum's marquee might overshadow the neon signs for Stage Right coffeehouse, but do not let that fool you – Stage Right is a place with real star power.

The coffeeshop, located on the corner of 16th and Harney streets, has quite the cozy atmosphere. The wood-paneled walls are adorned with various works of art by local artists, the lineup of which switches around about once a month. Chandelier light fixtures hang overhead, adding just a touch of classiness.

Walking in the front door confronts the coffee enthusiast with a difficult choice, for starters – smoking or non?

Stage Right is unique in that it offers an indoor smoking section, whereas other coffeehouses do not. Smokers should take a seat on the left side of the establishment, whereas nonsmokers should congregate to the right.

A few Surftables are scattered throughout the sections, mingling with the dozen or so small glass-topped, round tables accented with red vinyl-upholstered backed chairs. Large bay windows on all sides allow plenty of light in during the day and allow for inconspicuous people watching.

On the far end of the smoking section is a small, raised platform that serves as a stage for the open mic nights, held every first and third Monday of the month, and live musicians, whose performances are



Barista Bob Krauth makes coffee for his customers at Stage Right coffeehouse.

sporadically scattered throughout the week.

But what is a coffeeshop without coffee?

Stage Right offers a good selection of coffeehouse standards in three sizes: Act I (12 oz.); Act II (16 oz.); and Encore (20 oz.).

A regular old cup of coffee costs \$1.50-\$2.20, depending on the size. Cafe is available au lait, latte, mocha or breve, ranging \$2-\$2.60 for the Act I all the way up to \$3.10-\$3.70 for the Encore. A cappuccino will set you back \$2.35-\$3.40.

If caffeine is not your thing, have no fear. A wide variety of bottled sodas, juices and water are available for \$1.65. Tea, either hot or iced, costs a mere \$1.50. Chai, my beverage of choice, runs between \$2.55 and \$3.60.

If caffeine is your thing, however, and you want it all at once, there are also espresso shots to be had. Single shots are \$1.80 and doubles are \$2. Espresso *con panna* (that's "with cream," for those of you who don't speak Italian) are \$1.95 or \$2.25.

If the idea of a caffeinated beverage on an empty stomach does not suit you, Stage Right offers an agreeable assortment of food for snacking, which includes: fresh fruit for \$2; giant slabs of cake for \$3; or a few different varieties of sandwiches, all for \$3.50.

Stage Right tends to attract a good, diverse crowd of people with varying ages. It is perfect for some relaxed studying or getting together with friends. The drinks are a little more on the pricey side, but the atmosphere is classy yet comfortable, and the baristas are both friendly and efficient, so make sure to tip them well.

Stage Right's hours of operation are: weekdays 7 a.m.-10 p.m.; Saturdays 10 a.m.-midnight; and Sundays 10 a.m.-10 p.m.

For more information, call 346-7675.

photo by Danielle Petersen

## April is Mathematics Awareness Month

CYNTHIA VANA  
STAFF WRITER

"Thate math. Why do I have to take math? I'll never use it."

Those phrases are often heard from anxious students lamenting the math courses they have to take, even if their major is English, journalism or art.

April is Mathematics Awareness Month.

President Ronald Reagan proclaimed it such in 1986 for the purposes of increasing understanding and appreciation of mathematics.

This year's Mathematics Awareness Month theme is "Mathematics and Art."

The 2003 poster features a colorful, digitally executed fish design resembling M.C. Escher's "Angels and Devils." The body copy describes a connection between the two disciplines that goes back thousands of years.

The Greeks and Romans used mathematics to create beautiful sculptures and buildings.

Albrecht Dürer, Leonardo da Vinci and the cubists are just a few of the artists who have employed mathematics in their work.

If history proves math so useful, why do so many students resist it?

"I would like it if I understood it," Ada Afful, a UNO art history major, says.

Like many whose majors do not directly involve math, computers or the natural sciences, Afful has decided to wait and take the math course required for her major at Metro Community College.

"It's so much easier there," she says.

One of the reasons students believe they "stink" at math is because of the way it is presented. It leaves them "feeling bludgeoned and inept," wrote Suzanne Sutton in a 1996 *Washington Post* article "Math: One of life's big pluses."

In her article, Sutton reasons how the confidence and self-concept of young people gets eroded: "Over and over we tell them they're not good at it. We do this by teaching math as a collection of arcane manipulations that few see the reason for, or the connections between."

Sutton offers four suggestions for overcoming the fear of math:

- **Reconsider what math is.** Challenge the stereotype that math is only about numbers, figuring or manipulations of symbols. Glimpse at the bigger picture—for example, the textual material and the colorful sidebars can provide a fresh view.

- **Encourage the process.** Try to view studying as a process of discovery and reasoning. This will help connect thinking to problem solving.

- **Permit exploration.** Accept the struggle as a normal part of the learning process.

- **Praise the journey.** Appreciate the process of mathematics, even if your grades do not reflect well. Concentrate on understanding the process instead of getting the right answers.

Sutton suggests that simply changing the approach to math can change attitudes toward math and thus better prepare students for life outside the classroom.

Beka Huber, who is double majoring in Spanish and psychology, believes too many people think math is not important.

"If you have a weakness in math, it's all the more reason to take it," Huber says.

Math provides the basics of critical thinking, which can make someone a stronger, better person.

"There's no reason to shy from it," she added. "Even if you hate it, it's essential that you have it."

Katie Murphy, a 21-year-old senior in UNO's fine art program, says she does not really have a problem with math, but she would rather take classes that have more practical applications.

"Such as how economics and money works in society or how to balance a checkbook," Murphy says.

Peggy Mainelli, an administrative assistant in the math department, has observed many students who are fearful of math.

She says some students "have the knack, and some don't."

UNO offers a special section of math for students who suffer from math anxiety. The class is a special section of MATH 1310 (Intermediate Algebra) for high anxiety students taught by Jerome Drakeford. The math department's fall newsletter introduces Drakeford as an expert at teaching the "mathematically challenged."

UNO will be celebrating Math Awareness Month with a mathematics symposium at the Durham Science Center in April.

Details will be announced on UNO's Math Awareness Month Web site, which is located at [www.unomaha.edu/~vmatache/mam.html](http://www.unomaha.edu/~vmatache/mam.html).

## Good food not hard to find, just hidden away

REVIEW BY  
ANGIE SCHAEFFER  
STAFF WRITER

Mother's Good Food is north Omaha's self-proclaimed "New Orleans neighborhood restaurant," says owner Bob O'Brien.

Located in Florence, the restaurant serves a variety of Creole, Cajun, Italian and American foods.

The restaurant seats diners in a cozy arrangement of tables in view of the serving line. The arrangement is similar to what one would expect to find in an off-the-street neighborhood restaurant.

The staff is friendly and their casual buffoonery exudes a family-owned atmosphere.

Prices range from around \$5 to slightly over \$15; most sandwiches cost around \$8, while seafood and some Italian dishes top the scale in price.

UNO freshman Mike McCarthy says he often visits Mother's with his friends.

"They have really good hoagies," he says.

His favorite is the Sweet Revenge, which he describes as a sandwich with ham and roast beef – "not deli meat, like you'd get at Subway," he adds.

McCarthy also likes the bread pudding.

On my most recent trip to Mother's, I tried the turkey Po' Boy.

The bread was oven-warmed, the meat was thick and perfectly baked and the condiments on the sandwich were just enough to add flavor without drowning the whole concoction in lettuce.

Sandwiches come in sizes ranging from petite to whole.

When planning your meal, do not forget to account for the side dishes. Each sandwich comes with the choice of chips, cottage cheese, jambalaya, Mardi Gras slaw, olive salad, pasta with red sauce, pasta salad, potato salad or red beans and rice.



Mother's Good Food, located at 9520 Calhoun Road in Florence, is Omaha's "New Orleans neighborhood restaurant."

Mother's also serves several seafood platters and dishes, salads and muffaletta.

The muffaletta's true identity remains a mystery, but suffice it to say it is a BIG sandwich.

Beverage selections include the traditional soda, tea and coffee. Milk is also offered and a variety of beers and wines that are sold by the glass or by the bottle. Prices on the drinks are low, especially for a restaurant setting.

Additions to the menu are in the works.

Located in Florence at 9520 Calhoun Road, Mother's is best reached by taking 30th Street north just past the I-680 on-ramp. It is hidden on the west side of 30th Street next to a gas station and across the street from a residential area.

Hours are Monday through Saturday from 11 a.m. until 9 p.m. or close; O'Brien says the restaurant sometimes stays open later.

He hopes the restaurant will soon be open Sundays as well.

photo by Chris Machan



You don't have  
to unwrap it,  
unroll it, or  
worry that it  
can Break.

Depo-Provera is 99.7% effective.  
Birth control you think  
about just 4 x a year.

Of course, using condoms is the only way to protect yourself against HIV/AIDS or other sexually transmitted diseases, but make sure you're also as protected as possible against pregnancy. That's why more women than ever are choosing *Depo-Provera* — it's 99.7% effective when administered on time every 3 months.

Remember, *Depo-Provera* doesn't protect you from HIV/AIDS or other sexually transmitted diseases.

Some women using *Depo-Provera* experience side effects. The most common are irregular periods or spotting.

Many women stop having periods altogether after a few months and some may experience a slight weight gain. You shouldn't use *Depo-Provera* if you could be pregnant, if you have had any unexplained periods, or if you have a history of breast cancer, blood clots, stroke, or liver disease. When using *Depo-Provera*, there may be a possible decrease in bone density.

*Depo-Provera*. One of the best and most convenient ways to protect yourself from pregnancy. Ask your health care professional if prescription *Depo-Provera* is right for you.

See what *Depo-Provera* is all about.  
Call toll free 1-866-519-DEPO or  
visit [Depo-Provera.com](http://Depo-Provera.com).



Birth control you think about just 4 x a year.

# Listen up – loud noises can hurt ears

MIKE STEGMAIER  
STAFF WRITER

Noise is everywhere.

These days, it seems there is very little one can do to escape it. From air conditioners, refrigerators and microwave ovens to airplanes flying overhead and live concerts, people are constantly bombarded with potentially damaging noise.

Most people are not aware of how damaging the things they enjoy can be to their hearing, especially young people and musicians.

Hearing loss is caused by damage to the fragile tissue strands, referred to as hair cells due to their appearance, within the ear. When these hair cells are exposed to high levels of noise, the hairs lie down, not unlike grass that has been trampled. This leads to temporary hearing loss.

"Because the ear does not typically bleed or hurt when injury occurs, young people do not think they are hurting themselves by being exposed to high levels of sound," Jeffrey Simmons, a Boys Town audiologist, says.

According to HEAR, an organization that promotes hearing loss education, 28 million Americans suffer from hearing loss. About 80 percent of those affected have hearing damage that is irreversible and permanent.

The lack of education about common hearing loss can have detrimental effects on young people.

A 1990 study by Judy Montgomery, an associate professor at Chapman University in Orange, Calif., found that 26 percent of high school seniors who played in a band had measurable hearing loss as compared to 13 percent of high school seniors who did not play in a band.

Studies have shown the biggest risk to a person's hearing is loud music.

Sound levels at concerts can range

between 120 to 140 decibels, which is well beyond the 100-decibel threshold, which is normally recognized as the level that causes hearing loss from short-term exposure.

Personal stereos pose similar threats.

Music coming through headphones can reach up to 115 decibels when the player is on high.

There are ways, however, for people to preserve their hearing without abstaining from music altogether.

"The simplest thing one can do is to use ear protection when exposed to loud sound," Simmons says. "If you can't avoid loud sound or use hearing protection, then you should try to limit the amount of time you are exposed."

According to the Web site www.800noise.com, safe exposure to the level of noise found at a typical rock concert should be limited to eight minutes, staggeringly lower than the average length of a concert.

The musicians themselves are most likely to experience a loss of hearing from these situations due to the placement of the loud speakers.

While some musicians have chosen to wear hearing protection, most are unaware of the risks.

Aaron Shipp, a local singer who performed with several bands for three years, is starting to understand the need for hearing protection.

"It wasn't until I got out of the music scene that I noticed what the music did," he says. "I started to notice I couldn't quite hear as well as I used to, which, while I was playing a lot of shows, I assumed was just a temporary thing. I never thought it would stay like this."

Like many musicians, Shipp did not understand the dangers of noise until it was too late.

While he sees it to be too late, Shipp educated himself about the effects of noise on

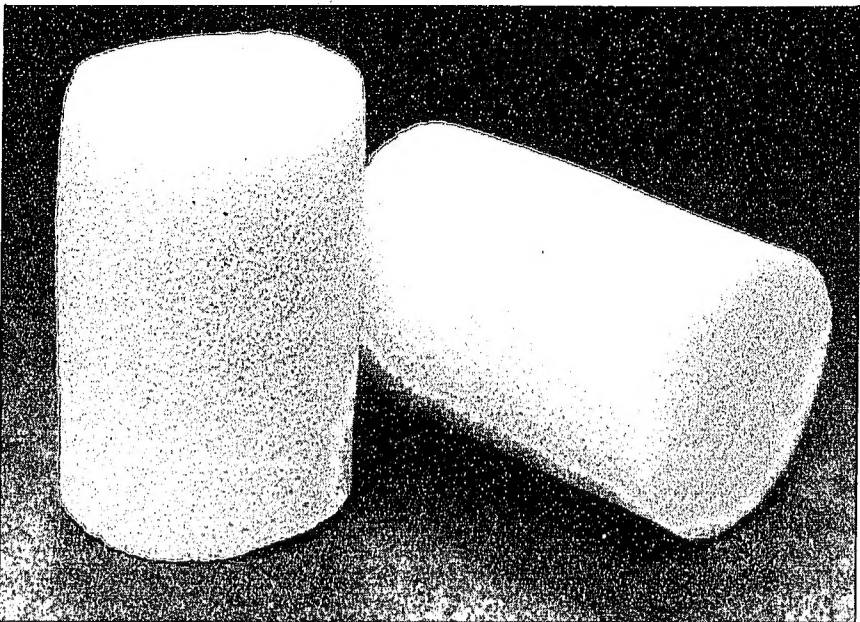


photo by Josh Williamson

**No, they're not marshmallows. These tiny pieces of foam can actually keep you healthy. Wearing earplugs at concerts can protect ears from too-loud noises.**

a person's hearing and invested in a pair of custom "musician's earplugs."

While expensive, these plugs offer better clarity while greatly increasing the amount of protection during extended exposure to loud music.

A wide variety of cheaper alternatives to custom plugs, such as the foam inserts typically used by hunters, are also available.

Simmons believes that concert promoters are acting irresponsibly by placing people's hearing at such high risk.

"We require warning labels on a myriad of products and activities, but no one is warning concert-goers that sound levels may be loud enough to injure their hearing," Simmons says. "I don't feel that concert promoters or performers are too concerned about limiting the output from the amplifiers."

Likewise, Simmons thinks stereo

manufacturers make products that far exceed dangerous output levels. However, some companies, such as Sony, have added volume limiters, which prevent the output of the stereo from exceeding safe levels.

With all the ambient noise people are subjected to every day, merely taking a stroll downtown can have negative effects on one's hearing.

Anti-noise pollution groups, such as Noise Pollution Clearinghouse (www.nonoise.com), have been trying to educate the public on the dangers of noise pollution and get laws introduced that would further restrict noise levels nationwide.

Regardless of future legislation, hearing preservation lies with the individual. Active protection against excessive noise, such as ear plugs, are necessary, but Simmons insists education and avoiding loud noise are the only ways to truly preserve one's hearing.

## Depo-Provera® Contraceptive Injection

medroxyprogesterone acetate injectable suspension

**DEPO-PROVERA®** Contraceptive Injection  
(medroxyprogesterone acetate injectable suspension, USP)

**This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.**

### What is DEPO-PROVERA Contraceptive Injection?

DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an intramuscular injection (a shot) in the buttock or upper arm once every 3 months (13 weeks). To continue your contraceptive protection, you must return for your next injection promptly at the end of 3 months (13 weeks). DEPO-PROVERA contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing your egg cells from ripening. If an egg is not released from the ovaries during your menstrual cycle, it cannot become fertilized by sperm and result in pregnancy. DEPO-PROVERA also causes changes in the lining of your uterus that make it less likely for pregnancy to occur.

### How effective is DEPO-PROVERA Contraceptive Injection?

The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given **ONLY** during the first 5 days of a normal menstrual period. **ONLY** within the first 5 days after childbirth if not breast-feeding, and, if exclusively breast-feeding, **ONLY** at the sixth week after childbirth. It is a long-term injectable contraceptive when administered at 3-month (13-week) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who got pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

Percent of Women Experiencing an Unintended Pregnancy in the First Year of Continuous Use		
Method	Lowest Expected	Typical
DEPO-PROVERA	0.3	0.3
Implants (Norplant)	0.2	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)	-	3
Combined	0.1	-
Progestogen only	0.5	-
RID	-	3
Progestinert	2.0	-
Copper T 380A	0.8	-
Condom (without spermicide)	2	12
Diaphragm (with spermicide)	6	16
Cervical cap	6	18
Withdrawal	4	18
Periodic abstinence	1.9	20
Spermicide alone	3	21
Vaginal sponge	-	-
used before childbirth	6	18
used after childbirth	9	26
Any method	85	85

Source: Trussard et al. *Obstet Gynecol* 1990;76:584-592

\*From Norplant® package insert.

### Who should not use DEPO-PROVERA Contraceptive Injection?

Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:

- if you are currently pregnant
- if you have had blood clots in your legs
- if you have had blood clots in your lungs
- if you have had a stroke
- if you have had a heart attack
- if you have had a liver problem
- if you have had a kidney problem
- if you have had a gallbladder problem
- if you have had a pancreas problem
- if you have had a thyroid problem
- if you have had a diabetes problem
- if you have had a high blood pressure problem
- if you have had a high cholesterol problem
- if you have had a high triglyceride problem
- if you have had a high uric acid problem
- if you have had a high calcium problem
- if you have had a high iron problem
- if you have had a high potassium problem
- if you have had a high sodium problem
- if you have had a high magnesium problem
- if you have had a high zinc problem
- if you have had a high copper problem
- if you have had a high manganese problem
- if you have had a high selenium problem
- if you have had a high chromium problem
- if you have had a high cobalt problem
- if you have had a high nickel problem
- if you have had a high silver problem
- if you have had a high tin problem
- if you have had a high lead problem
- if you have had a high mercury problem
- if you have had a high cadmium problem
- if you have had a high arsenic problem
- if you have had a high boron problem
- if you have had a high fluorine problem
- if you have had a high iodine problem
- if you have had a high bromine problem
- if you have had a high chlorine problem
- if you have had a high oxygen problem
- if you have had a high hydrogen problem
- if you have had a high carbon problem
- if you have had a high nitrogen problem
- if you have had a high phosphorus problem
- if you have had a high sulfur problem
- if you have had a high calcium problem
- if you have had a high iron problem
- if you have had a high potassium problem
- if you have had a high sodium problem
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- if you have had a high chlorine problem
- if you have had a high oxygen problem
- if you have had a high hydrogen problem
- if you have had a high carbon problem
- if you have had a high nitrogen problem
- if you have had a high phosphorus problem
- if you have had a high sulfur problem

Birth control you think about just 4 x a year.

- if you have had cancer of the breast
- if you have had a stroke
- if you have or have had blood clots (phlebitis) in your legs
- if you have problems with your liver or liver disease
- if you are allergic to DEPO-PROVERA (medroxyprogesterone acetate or any of its other ingredients)
- if you have had a heart attack
- if you have had a liver problem
- if you have had a kidney problem
- if you have had a gallbladder problem
- if you have had a pancreas problem
- if you have had a thyroid problem
- if you have had a diabetes problem
- if you have had a high blood pressure problem
- if you have had a high cholesterol problem
- if you have had a high triglyceride problem
- if you have had a high uric acid problem
- if you have had a high calcium problem
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- if you have had a high chlorine problem
- if you have had a high oxygen problem
- if you have had a high hydrogen problem
- if you have had a high carbon problem
- if you have had a high nitrogen problem
- if you have had a high phosphorus problem
- if you have had a high sulfur problem

**What other things should I consider before using DEPO-PROVERA Contraceptive Injection?**  
You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:  
• a family history of breast cancer  
• an abnormal mammogram (breast x-ray), fibrocystic breast disease, breast nodules or lumps, or bleeding from your nipples  
• kidney disease  
• irregular or scanty menstrual periods  
• high blood pressure  
• migraine headaches  
• asthma  
• epilepsy (convulsions or seizures)  
• diabetes or a family history of diabetes  
• a history of depression  
• if you are taking any prescription or over-the-counter medications  
**This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, gonorrhea, hepatitis B, and syphilis.**

**What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?**  
Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection; about two thirds of those who become pregnant will do so in about 12 months; about 83% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection. The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.  
**What are the risks of using DEPO-PROVERA Contraceptive Injection?**  
**1. Irregular Menstrual Bleeding**  
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting, an increase or decrease in menstrual bleeding, or no bleeding at all. Unusually heavy or continuous bleeding, however, is not a usual effect of DEPO-PROVERA; and if this happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely. In clinical studies of DEPO-PROVERA, 55% of the women studied reported no menstrual bleeding (amenorrhea) after 1 year of use, and 68% of the women studied reported no menstrual bleeding after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA your menstrual period will usually, in time, return to its normal cycle.  
**2. Bone Mineral Changes**  
Use of DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that, it begins to resemble the normal rate of age-related bone mineral loss.  
**3. Cancer**  
Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, ovary, uterus, cervix, or liver. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this risk with your health-care provider.  
**4. Unexpected Pregnancy**  
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.  
**5. Allergic Reactions**  
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.

### 6. Other Risks

Women who use hormone-based contraceptives may have an increased risk of blood clots or stroke. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

### What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?

Call your health-care provider immediately if any of these problems occur following an injection of DEPO-PROVERA:  
• sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)  
• sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg (indicating a possible stroke)  
• severe pain or swelling in the calf (indicating a possible clot in the leg)  
• unusually heavy vaginal bleeding  
• severe pain or tenderness in the lower abdominal area  
• persistent pain, pus, or bleeding at the injection site

### What are the possible side effects of DEPO-PROVERA Contraceptive Injection?

**1. Weight Gain**  
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over those 2 years, or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.  
**2. Other Side Effects**  
In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trials, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolus, breast cancer or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

### Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?

**1. Missed Periods**  
During the time you are using DEPO-PROVERA for contraception, you may skip a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think that you may be pregnant, see your health-care provider.  
**2. Laboratory Test Interactions**  
If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.  
**3. Drug Interactions**  
Cytadren (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.  
**4. Nursing Mothers**  
Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth before you start using DEPO-PROVERA for contraception.

### How often do I get my shot of DEPO-PROVERA Contraceptive Injection?

The recommended dose of DEPO-PROVERA is 150 mg every 3 months (13 weeks) given in a single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant at the time of the first injection, it is essential that the injection be given **ONLY** during the first 5 days of a normal menstrual period. If used following the delivery of a child, the first injection of DEPO-PROVERA **MUST** be given within 5 days after childbirth if you are not breast-feeding or 6 weeks after childbirth if you are exclusively breast-feeding. If you wait longer than 3 months (13 weeks) between injections, or longer than 6 weeks after delivery, your health-care provider should determine that you are not pregnant before giving you your injection of DEPO-PROVERA.

**Rx only**

CB-7-5



Pharmacia  
& Upjohn

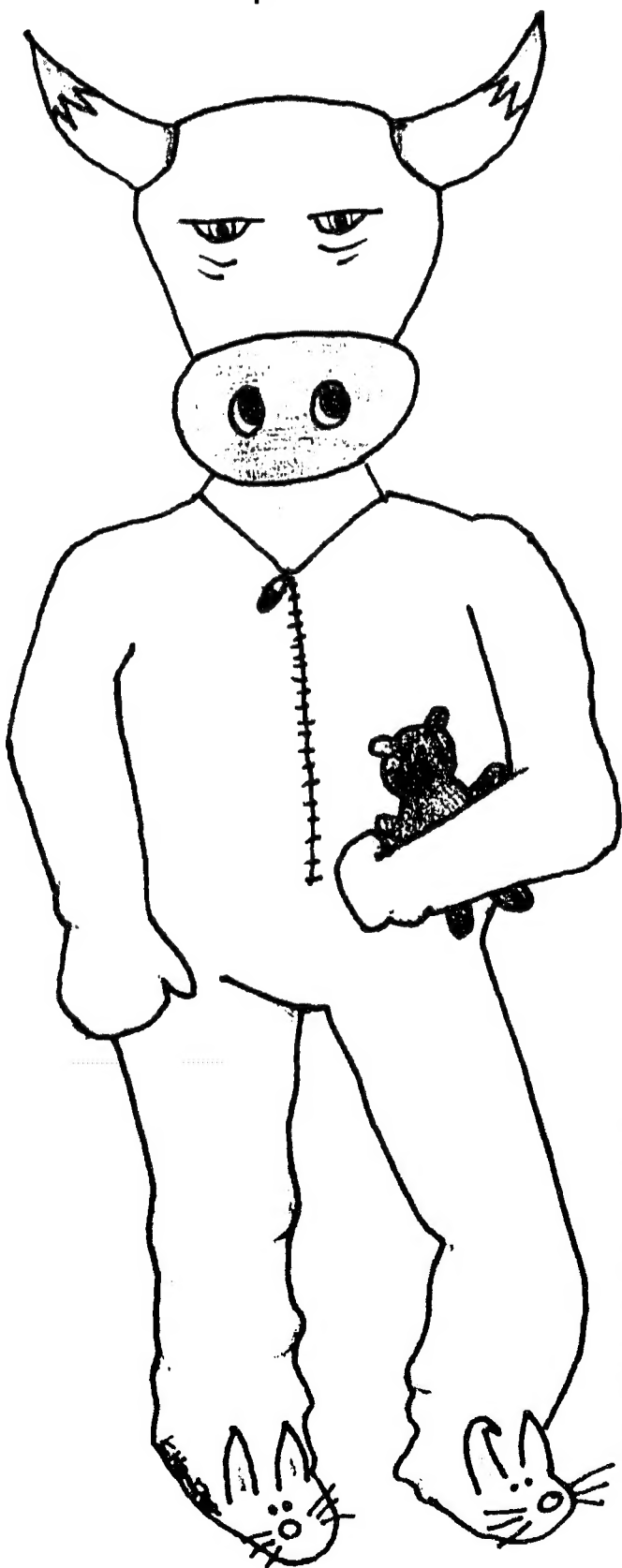
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**Student Programming Organizations Presents:**  
**March Madness: Week of Relaxation**  
**March 24-28**

## Today

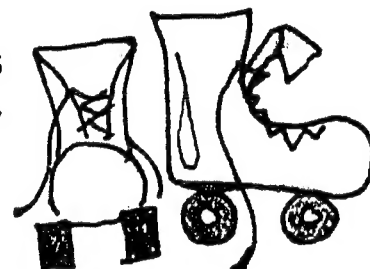
Free massages and free food! SPO would like to invite you to come and relax. Come for your free massage in the Fireplace Lounge, in the bottom floor on the Milo Bail Student Center, from 11 a.m. to 1 p.m.

Think you're the best at Madden 2003? Well, we want to put you to the test. Tonight in the Fireplace Lounge from 6 p.m. to 10 p.m., we challenge you to a PlayStation II War! And if that isn't enough, there will be free pizza!



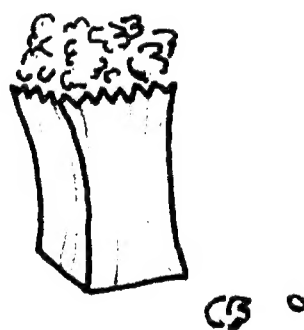
## Wednesday, March 26

Want to bring back childhood memories and let loose? Come join us at Skateland, 132nd and B Streets, from 8 p.m. to 10 p.m. and enjoy free skating and free food!



## Thursday, March 27

Have no money? Is your date mad because you're short on cash? We have an answer! Tonight we rented a theater at AMC for a showing of *A View From the Top*, and the first 250 people will get in FREE! And we are even bringing tons of snacks!



## Friday, March 28

If you have no plans tonight and just want to sit at home in your pajamas, we have a better idea. Tonight we are having a Pajama Jam! Consider it a co-ed slumber party! There will be a DJ plus free food and activities to keep you busy. See you tonight in the Fireplace Lounge from 8 p.m. to midnight.





## Spring can sure be crappy

"In the spring a young man's fancy  
lightly turns to thoughts of love ..."

— Alfred Lord Tennyson

"... And paranoid fears of bird  
crap."

— Ben Coffman

Yes, spring is officially here.

But even though Tennyson says  
my fancy is lightly turning to  
thoughts of love, I have at least one  
eyeball heavily turned skyward.

Believe me, I want to be head-  
butted by the lady pro-wrestler of  
young lust – I just don't have time for  
it.

I'm too busy waiting to be  
crapped on.

To some, blue skies filled with  
the chipper chirps of spring's robins  
is a welcome sound – to me, it's an  
indication of potential social disaster.

Too often have I worn the milky-  
white badge of humiliation – too  
many times have I modeled the  
newest in spring fashions from Pierre  
LaBurdTurd. Too many times have I  
been crapped on by birds.

Embarrassing stuff happens to  
everyone, but nothing compares to a  
living, breathing animal emptying its  
bowels on you.

And it seems to  
happen to me at least  
once a year when the  
weather gets warm.

My worst moment  
involving bird crap  
(and one of the  
few that haunts  
me to this very day)  
occurred about three  
years ago in the city of  
Minneapolis, just  
outside of the famous  
club formerly owned by  
Prince – First Avenue.

It was a beautiful spring day and  
a friend and I were waiting outside  
for the doors to open.

We'd arrived a little bit early for  
a concert, and there were 30 other  
people sitting along a wall outside,  
also waiting to enter the club.

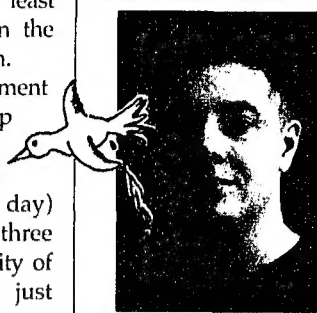
My friend and I took a seat next  
to them.

The following events are a  
chicken bone stuck in the throat of  
my memory.

I was sitting shoulder-to-  
shoulder between my friend and  
another young man when I felt a  
drop on my scalp.

My first thoughts were: "Is

Circus maximus



Ben Coffman

somebody pouring  
their drink on me?"

Like a scene  
directly out of  
Nickelodeon's "You  
Can't Do That On  
Television," several  
gallons of bird poo  
came raining down  
upon the crown of  
my head.

Crap-shrapnel  
exploded onto my  
friend and several  
other people. My

cat-like reflexes allowed me to leap  
four feet into the air from a sitting  
position and do a Warner Brothers  
cartoon-like mid-air run as the  
remainder of the crap collided with  
the sidewalk to a chorus of  
disapproving "eewww"s and several  
"gross"es.

As soon as I was back on solid  
ground, I immediately beat feet to the  
nearest Subway, where I was the first  
in line to douche my scalp in the  
bathroom sink.

I've relived this moment a  
thousand times, and every time I ask

■ see SPRING, page 9

## The side of the story you didn't know

For decades, Israelis  
have lived in a society that  
Americans have only  
recently been introduced  
to.

In this society, anxiety  
over terrorists attacks is  
embedded into the  
mentality of the people,  
along with the reality that  
violence of that nature  
could happen at any time,  
any where.

We live day-to-day  
with this concern.

We hear reports on CNN about the near continuous  
violence between Israelis and Palestinians: suicide  
bombings; conflicts between Israeli military and  
Palestinians; and the Israeli occupation of Palestinian  
cities.

On some level, Americans are aware of what the  
violence is about – both Israelis and Palestinians trying to  
secure their homeland.

American sympathy, though, usually falls with the  
Israelis.

Perhaps the very fact that Israelis are "Westernized"  
makes us feel more at ease and better able to understand  
them.

Or maybe it's the fact that the United States  
government continually extends its support to Israel.  
After all, potentially hostile neighbors surround Israel.  
Israelis are the ones who are victims of terrorist attacks in  
their communities.

It is often believed that those who use terrorist tactics  
are part of a radical, extremist form of Islam that opposes  
the very existence of a Jewish state. The rhetoric disguises  
the underlining meaning of the conflict between Israelis  
and Palestinians – Palestinians long to have an  
independent state.

The Palestinian movement for a two-state solution  
comes in many different forms.

The American media covers half the story – the  
terrorism and violence.

Some Israelis claim this violence causes negotiation to  
halt. Former

Israeli Prime Minister Benjamin Netanyahu claimed  
once on a television interview that the United States  
history never saw such violence.

Many Americans also forget that U.S. history is  
marred by its own brand of violence. We should  
remember that events such as race riots happened in  
nearly every decade of the 20<sup>th</sup> century. These events  
represent America's own struggle to build a better society  
that truly recognizes the equality and dignity of all  
people.

So why are Americans so unsympathetic to the plight  
of the Palestinians?

Because nearly every image Americans see equates  
Palestinians with violence.

But there is another Palestinian movement – a  
peaceful movement.

In Palestinian universities and schools, in their  
mosques and churches, many long for a peaceful solution  
to the conflict. Their voices are not heard, but their work  
continues.

The Palestinian Centre for Human Rights was  
established in 1995 to monitor and ensure respect for

■ see SIDE, page 9

Changing focus



Krissy Vogel

## Letter to the editor

Dear editor,

The silences in retired University of Nebraska-Lincoln  
Professor Ted D. Sokol's recent opinion column, "NU Faculty  
Members Can Spend More Time in the Classroom," (*Omaha  
World-Herald*, March 13) are more troubling than his overt  
argument.

A casual reader of the column will conclude that NU  
professors are normally paid \$100,000 per year and work  
only as many hours per week as they are in the classroom,  
which, he claims, is only five hours per week – for two  
courses.

If this were true, the biggest question raised by Sokol's  
article is why he waited for retirement before blowing the  
whistle?

This casual reader's impression, of course, would be  
completely false.

According to the U.S. Census Bureau, the average  
earnings of a person holding a B.A. in the United States in  
2000 was a little over \$50,000 per year, yet more than one-  
fourth of all tenured or tenure-track faculty at UNO earn less  
than \$50,000 per year.

The average salary of UNO's faculty is, in fact, \$57,700.

In the College of Arts and Sciences, the average is  
\$51,200. Only 2.6 percent of UNO professors earn more than  
\$100,000.

Given these statistics, the state of Nebraska is actually  
getting a good bargain in hiring the highly trained  
professionals with Ph.D.s and not just B.A.s who teach their  
young learners (not just customers) in university classrooms.

But faculty members are expected to do much more than  
just teach.

Faculty are routinely expected to do three kinds of work:  
teaching, research and professional service.

In a UCLA study conducted in 2001, 85 percent of UNO  
undergraduate faculty reported that, beyond their classroom  
time, they spent five to 20 hours per week in class  
preparation.

Eighty-five percent of faculty reported spending one to 8  
hours per week on student advising. Ninety-one percent  
spent the same amount of time serving on faculty  
committees.

In addition, a majority of UNO undergraduate faculty  
spent five to 16 hours per week in research and writing.

Finally, a majority spent five to 12 hours in community  
service.

While no total figure of work hours per week was  
reported, the overwhelming impression given by the study is  
of a faculty with very full workweeks.

Although faculty do not punch a time clock, they are

annually evaluated on the work outcomes they produce.

Each year, faculty members at UNO must produce an  
annual report, listing the courses they taught, the ratings in  
their student evaluations and the improvements they have  
made in their teaching techniques and syllabi.

In addition they must declare the results of the time  
spent on research and service activities.

Pay raises, job security, promotion and tenure depend on  
proven productivity in all three areas.

The non-teaching activities are an essential part of the  
work of university faculty, who are expected not only to pass  
along old truths but also to create new knowledge, new ways  
of seeing and engaging with the world.

One can reasonably debate the percentage of time faculty  
should give to each of their required activities.

First, however, it must be noted that different NU  
institutions require different mixes of activities from their  
faculty.

The research component is more highly supported at  
UNL, for example, than at UNO or the University of  
Nebraska at Kearney.

Thus, the faculty at UNO and UNK already spend on  
average more time in the classroom than their colleagues at  
UNL.

Second, making teaching a larger part of NU faculty  
workloads will require trade-offs.

If faculty are to spend more time in the classroom, which  
scholarly articles will not be published? Which textbooks will  
not be written? Which grants for scientific or medical research  
will not be won? Which public lectures will not be given?  
Which commitments to professional organizations will  
languish? Which community service activities will be placed  
on the back burner?

Finally, if we make those adjustments, what will be the  
cost to NU's overall academic reputation?

Sokol's article never acknowledges that these difficult  
choices will have to be made if his "simple solution" is taken.  
Half-truths and silences, such as those found in Sokol's  
column, do not serve public discourse well.

NU professors are, by and large, dedicated professionals,  
who work very hard at their vocation, not for the money, but  
because they love the teaching, research and service activities  
related to their disciplines.

All these activities contribute significantly to the public  
welfare and, thus, deserve support.

Gregory M. Sadlek

Department of English professor  
Faculty Senate president

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Letters to the editor will be selected for publication on the basis of timeliness, clarity and available space. The editor reserves the right to edit all letters for publication.

Letters must be signed using the writer's first and last names. Letters must include the writer's address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.



## Student correspondent lands in Kuwait

RONALD PAUL LARSON

DAILY TITAN (CALIFORNIA STATE U. - FULLERTON)

There is only one reason to go to Kuwait now and a person's reaction when I tell them I am going there illustrates it. They either roll their eyes with a sort of "Oh geez!" kind of expression or shake their head in disbelief. I feel a little self-conscious about telling people, but I must admit, I liked to see how they would react.

In London, my flight into Kuwait was delayed by several hours.

As I sat at the gate, I wondered - who would fly into a country on the eve of a war? In front of me, a Middle-Eastern looking man with short hair and gray eyes talked to a friend about the range of Scud missiles. When he saw me listening to him he began speaking another language.

I couldn't tell what it was. I thought it was either Hebrew or Arabic.

Sitting a few rows away to my left was a young man with short hair. He could be military, I thought.

The ticket agent announced that we could begin boarding the bus to the airplane. When I walked to the counter to hand in my boarding pass, I thought I saw Christiane Amanpour, CNN's chief international correspondent, behind me. I heard her voice and I knew it was her. I wanted to go back and introduce myself, but I chickened out.

I was the third or fourth person on the bus. Others came on. One man sitting down a few seats away from me asked, "Where's Wolf Blitzer?" The gray-eyed man entered and sat opposite me. "Great," he said. "A busload of journalists." After a few moments, Amanpour got on and the gray-eyed man called at her, "Hey Christiane, if you need a liberal Kuwaiti perspective, interview me." Amanpour acknowledged him and began talking to the people around her.

Then Wolf Blitzer, CNN news anchor, came on board and sat up front by Amanpour.

Wow, I thought, I guess I am in the right place. Although I had been worried about being late because my departure had been delayed by technical problems, I felt relief. Nothing important could happen before Amanpour and Blitzer got there, I thought.

Our flight into Kuwait was delayed another hour on the runway so I took the opportunity to write Amanpour a note saying how much I respected her. During the stopover in Cyprus, she invited me up to meet her.

She asked me what school I wrote for and I told her Cal State Fullerton.

She then asked what unit I was embedded with.

I told her the 416th Engineer Command and then, trying to sound professional, used some military jargon. She pointed out that my readers will not know what I am talking about if I use jargon.

I agreed and, feeling like I had shown my lack of experience thanked her for her advice. I went back to my seat.

She was very gracious. I felt like I blew it. I wrote her another note thanking her.

I arrived in Kuwait late Monday night. It was too late to go to the CFLCC PAO (Coalition Forces Land Component Command, Public Affairs Office-the Army loves acronyms).

I got there the next morning, Tuesday, to learn that journalist embedding had ended the day before.

see LANDS, page 15

## Student Government Open Positions:

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from SPRING, page 8

myself how I could have amassed such crappy karma.

But I also wonder how this actually happened.

I have two possible explanations for this unnatural feat of nature, though the true answer may never be known.

**Explanation 1:** There are a lot of pigeons in Minneapolis. And some get to be pretty big.

I may have been crapped on by the *largest* pigeon to ever flap its flabby body above the Minneapolis skyline.

I'm talking about a veritable "call the people at the Guinness Book" superpigeon.

No - not just superpigeon - superpigeon that had to crap - *really, really bad*.

**Explanation 2:** This is the most likely explanation of my unfortunate situation.

Pigeons like to perch on the edge of buildings, so that's where they crap.

from SIDE, page 8

human rights. It offers free legal aid and advice. The center, along with other organizations, offers vocational training, medical clinics and other useful services to the Palestinian people. It pays close attention to the well being of women. One worker said, "I am believing that if you teach a woman, you teach the whole family."

The death of American Rachel Corrie should have brought more attention to the Palestinian cause.

Corrie was a peace activist in a neighborhood in Rafah. While she was appealing to Israeli soldiers not to demolish Palestinian houses, she was killed when she was run over by a bulldozer.

Americans heard the report, but we didn't get a sense of what Corrie's death signifies.

Americans don't hear about the Palestinian refugees living in shacks made of concrete blocks with sand for the floor. Many were forced from their homes to make way for Israeli settlers. They have lived as refugees for more than a quarter century.

Nor do we hear of the reports that Israelis use torture against Palestinian prisoners. They are arrested without being charged and they are held without trials.

There is violence against Palestinian civilians.

One American tourist group saw

a Palestinian father carrying his child, dripping with blood. They saw the child die in his father's arms. They were shocked to learn that the wound was caused by an Israeli sniper.

We don't hear of the denial of basic human rights.

The Israeli government has strict allocations of water. Palestinians are hardly given enough to survive and certainly not enough for successful crop yields. This is in contrast to the Israelis, who have plenty.

To keep the land they have, Palestinians have to keep it perfectly maintained. Landowners live in constant fear their land could be taken away for minor violations, such as a broken fence. Plus, they are denied permits to build or plant on their lands.

Israelis are able to exert such force over the Palestinians because they are the dominant power. They have the backing of the United States, along with the tanks and missiles.

What defense do most Palestinians have?

They have their words of peace.

But so many desperate individuals turn to violence instead. They use sticks, stones and homemade bombs.

Violence begets violence. A vicious cycle continues and neither side can claim the other side alone is to blame.

Palestinians do not stand a

The drain on the side of the building most likely acted as a kind of pigeon commode.

The only problem is, after several gallons of pigeon feces had filled a section of the drain, the drain partially gave way, dumping the pigeon crap on me and a few other unfortunate souls.

And I've never been quite the same since.

I'm a little poo-shocked, if you will.

So please try to be understanding when you see me sprinting from building to building on campus.

Try to not point and laugh when you see me cowering in a school parking lot with a notebook over my head.

Try not to point when you see me flinch near the bell tower as a flock of birds passes overhead.

It's just another sign that spring is here.

Ben Coffman can be contacted at [circusmaximus@gateway.unomaha.edu](mailto:circusmaximus@gateway.unomaha.edu)

chance in peaceful negotiation when Israel has the upper hand. It is continually and seemingly unconditionally supported by the United States. And there hasn't been much fuss about the Israeli violations of U.N. charters and regulations or their continual violations of basic human rights.

Israelis, like Palestinians, have expressed a desire for resolution.

Many are angry and don't understand the position of the Palestinians. But there needs to be willingness for fair negotiations, justice and peace.

The situation itself is very complicated.

Any peace process is difficult.

Palestinian lands, such as the West Bank and the Gaza Strip, are disconnected. Somehow, they will have to be connected by means of a highway that Palestinians will be able to access.

Jerusalem, too, is divided. It is an important city to Jews, Christians and Muslims. The task will be arduous.

It needs to happen. And many hold out hope for peace and justice.

As one middle-aged Palestinian admitted, he doesn't think there will be compromise in his lifetime.

But, he added, "I close my eyes and give my hope to the new generations."

Krissy Vogel can be contacted at [changingfocus@gateway.unomaha.edu](mailto:changingfocus@gateway.unomaha.edu)

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## Ensler's *The Vagina Monologues* blossoms at Omaha's Rose Theatre

HOLLY LUKASIEWICZ  
STAFF WRITER

Even before Eve Ensler wrote *The Vagina Monologues* in 1996, she was already a highly aware and resilient leader in tackling touchy issues such as nuclear war, refugees and imprisoned women. She brought them center stage via the stage.

The demystification of the vagina has arrived—it's "nonpornographic, funny, moving and PG-13," and The Rose Theatre at 20<sup>th</sup> and Farnam streets hosts the Omaha premiere of Ensler's Oboe Award-winning, raw and impassioned *The Vagina Monologues* April 8 through 13.

*The Vagina Monologues* were formed to celebrate women's sexuality and condemn its violation.

The production is based off Ensler's interviews with more than 200 women from all over the world.

She relays true stories of horror, humor, humiliation and pride.

A sparse stage holds three women as they bound through monologues such as "If your vagina could talk/get dressed, what would it say/wear?" "Vagina Fact—Genital Mutilation" and "The Little Coochi Snorcher That Could."

Rape and forced sexual enslavement, inadequate or lack of female health care and "reclaiming, invigorating and updating the word," as Ensler told *Time*, are all found in the production. During past shows, people have

been said to pass out, have outbursts of confusion, begin chanting and take part in simulated orgasms.

"When you're dealing with issues that are complicated and sad, the best way people can hear things is through humor," Ensler told *The New York Times*.

*Time* discussed with Ensler Western culture's preoccupation with the penis and the tendency to oppress, intimidate and ignore the vagina.

"When you don't name something, you don't own it and you don't know it," Ensler told *Oprah Magazine*, whose show a couple weeks ago highlighted the captivity of female sex slaves stolen from their families in Sierra Leone, Africa—an appropriate addition to the efforts of Ensler.

"My drive as an artist has always been to look at the areas that are right in front of us that no one wants to look at," she told *Time*.

Vaginas are one thing; sexuality, self-hatred and body image are another.

Ensler's most recent literary work, *The Good Body*, pounces on what women do to their bodies to make them more "accepted" in today's society.

Ensler herself was physically and sexually abused as a child and chose to combine politics and art to help others shift from "victimhood."

She is the stepmother of Dylan McDermott of *The Practice* and has a wing of a

■ see ROSE, page 12

## 'Too Young to Die' tour stops at Ranch Bowl

JESSICA RIAL  
STAFF WRITER

From Dallas to New York City, Deep Elm Records, in collaboration with the American Foundation for Suicide Prevention, has been promoting life through the "Too Young to Die" Tour.

The tour kicked off March 14 and will wrap up April 13, making 31 stops across the United States.

It features one-third of Deep Elm's artists, including Brandtson, Red Animal War, Desert City Soundtrack, Settlefish and David Singer.

"Too Young to Die" hit Omaha's Ranch Bowl last Wednesday with local guest Names With Out Numbers.

The dismal day may have made their message a little harder to receive, but inside the Ranch Bowl, the music did the talking.

Before the show, *The Gateway* sat down with David Singer, Matt Traxler of Brandtson, Bruno Germano of Settlefish and Matt Carrillo and Mike Casanova of Desert City Soundtrack.

They began the tour as strangers five shows ago in Dallas, which Traxler described as chaotic. Besides their label, these bands have been sharing everything.

Before the tour even began, the performers had received various e-mails and thank yous from fans for their involvement with suicide prevention.

For most, this tour is not much different from others, except for perhaps Settlefish, an Italian band new to the United States.

The night before the Omaha show, the group played in Missouri to a crowd of 40. Traxler attributes the low attendance to overpriced tickets and poor advertising.

For Carrillo and Casanova, this tour is like having a job. They get up early every day and drive for hours. But do not get these guys wrong; I had to haggle them just to admit there were any cons to being on the road and still they would only confess to homesickness.

For them, the rewards come from being on stage in new cities far away from home, where they can give fans, new and old, an opportunity to hear them live.

Singer, of Chicago, who put on a one-man rock show Wednesday night, said audiences have been very receptive to his piano and guitar rock, a sound very different from his tour



Photo by Jessica Rial

David Singer put on a one-man show at the Ranch Bowl Wednesday night.

mates'.

His band will be joining him at their convenience, which makes him a little nervous. He still has a great time playing to a different crowd and believes he does not have to change his sound to fit any audience; either they will like it, or they will not.

"Too Young to Die," which was created by Deep Elm and its artists, provides education to suicidal teens and their friends and families in order to increase recognition and promote prevention of youth suicide. A portion of the profits from ticket, CD and merchandise sales will go directly to the AFSP.

Available at the concert was a CD sampler featuring 19 songs from Deep Elm along with a suicide-prevention guide.

Deep Elm believes the guide can help save lives with facts and information about suicide and depression. The featured songs were selected because of their promotion of hope and understanding for those who may be feeling depressed or doubtful about life.

The AFSP is also dedicated to the prevention of suicide through education. According to the AFSP, suicide is the third leading cause of death for high school- and college-aged students. The foundation tries to

■ see YOUNG, page 15

## The big concert update

COMPILED BY  
RAE LICARI  
COPY EDITOR

### OMAHA:

March 25 Clumsy Lovers – Music Box  
March 26 The Nadas – Music Box  
March 26 cKy – Ranch Bowl  
March 29 The Black Keys – Sokol Underground  
March 30 The Jayhawks – Music Box  
April 1 Jeffrey Gaines – Music Box  
April 2 George Clinton & Parliament/Funkadelic – Music Box  
April 2 moe. – Sokol Auditorium  
April 3 Cowboy Mouth – Music Box  
April 11 The Faint – Sokol Auditorium  
April 13 Jason Loewenstein – Sokol Underground  
April 16 Red Elvises – Music Box  
April 17 Q and Not U – Sokol Underground  
April 17 Houston – Ranch Bowl  
April 19 The Donnas – Ranch Bowl  
April 19 Cat Power – Sokol Underground  
April 23 Matt Pond PA – Sokol Underground  
April 26 The Postal Service – Sokol Underground

### LINCOLN:

March 25 Swingin' Utters – Knickerbockers  
March 26 Houston – Duffy's  
March 29 Arlo Guthrie – Lied Center  
April 6 Crosby, Stills & Nash – Pershing Auditorium  
April 16 House Of Large Sizes – Duffy's  
April 19 The Mooney Suzuki – Knickerbockers  
April 19 50 Cent – Pershing Auditorium

### COUNCIL BLUFFS:

April 3 Counting Crows – Mid-America Center  
April 19 Cher – Mid-America Center  
April 20 Cher – Mid-America Center

April 28 Linkin Park – Mid-America Center

### LAWRENCE, Kan.:

March 26 Xiu Xiu – Replay Lounge  
March 28 The Black Keys – Replay Lounge  
March 28 cKy – The Bottleneck  
March 30 The Mooney Suzuki – Kansas Union Ballroom  
March 31 Rocket From The Crypt – The Bottleneck  
April 1 B.B. King – Lied Center  
April 2 Drums & Tuba – The Bottleneck  
April 3 The Soundtrack of Our Lives – The Bottleneck  
April 4 Papa Roach – Liberty Hall  
April 10 Piebald/Cave In – The Bottleneck  
April 12 Guster – Liberty Hall  
April 20 The Mooney Suzuki – The Bottleneck

### KANSAS CITY, Kan.:

April 2 50 Cent – Memorial Hall

### KANSAS CITY, Mo.:

March 24 American Hi-Fi – El Torreon  
March 25 Mudvayne – Beaumont Club  
March 27 Onlinedrawing – El Torreon  
March 28 Sahara Hotnights – El Torreon  
March 29 Sister Hazel – Beaumont Club  
March 31 The Jayhawks – Grand Emporium  
April 1 Everclear – Uptown Theatre  
April 2 Further Seems Forever – Beaumont Club  
April 4 The Vines – Uptown Theatre  
April 10 Saliva – Uptown Theatre  
April 13 Tim McGraw – Kemper Arena  
April 14 Cursive – El Torreon  
April 16 The Hope Conspiracy – El Torreon  
April 18 My Life With The Thrill Kill Kult – Uptown Theatre  
April 19 Red Elvises – Grand Emporium  
April 19 Ani DiFranco – Uptown Theatre  
April 25 House Of Large Sizes – The Hurricane

## Kaneko makes solo debut

REVIEW BY  
VALERIE CUTSHALL  
STAFF WRITER

Imagine going to another country and not having any friends and not knowing how to get around in the city.

Imagine taking five hours to buy two bags of groceries because you can't read the language or speak it.

This is exactly what Jun Kaneko, a Japanese native, experienced when he decided to move to the United States in 1963.

Kaneko gave insight into his life and work at a talk at the Joslyn Art Museum Saturday, March 22.

Kaneko is an industrial-scale sculptor and works mostly with ceramics. He has had several group exhibits in the Bemis Center for Contemporary Art and the Joslyn Art Museum, but this is the first time his work is shown as a solo artist at the Joslyn.

His large-scale sculptures are known around the world. He has been in several

group exhibits including the Smithsonian American Art Museum in Washington, D.C.; Sherry Leedy Contemporary Art in Kansas City, Mo., and Philadelphia Art Alliance in Philadelphia. And that's not to mention all the public pieces he has done for different companies and cities.

Kaneko said he stumbled into drawing accidentally. He did not want to go to school. He began drawing in his free time but hid the drawings from his parents. One day, his parents found the drawings and introduced him to a painter in Japan.

After a while, he did not want to be in Japan. He told his instructor, and just like that, he was traveling to the United States.

It's no wonder his work is so memorable.

The exhibit consists of two large *dangos* (Japanese for dumplings), a rather large wall installation and several paintings.

These pieces speak for themselves.

■ see KANEKO, page 11



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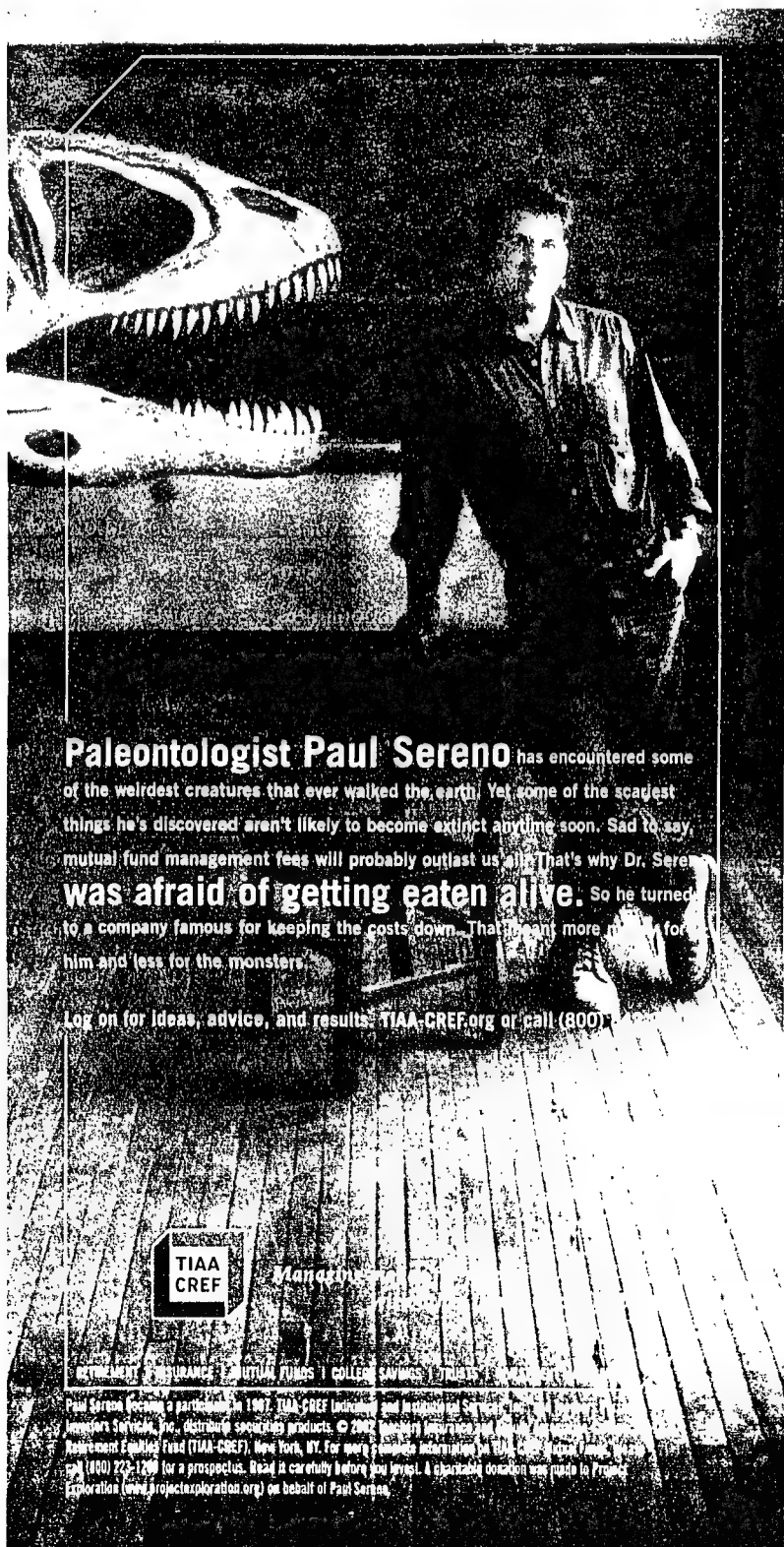
Last year, he took another shot at big-budget action with *Bad Company*, in which he co-starred with Anthony Hopkins.



Author: Phillip Caruso DreamVans LLC

If some of Rock's film roles have been a disappointment to his fans, *Head of State* is probably his best shot at giving them what they want. A part in which he's required to give speeches plays to his standup strengths and there is a moment – during his pro-working class “It Ain’t Right” address – when anyone

"I was getting to be kind of a big fish in my neighborhood," Rock says. "Plus, I just wanted space. I had a baby coming. You want a yard. The whole rest of the country has that. I'm not asking for my own basketball court, but a hoop over my garage is fine. Is that too much? That's not *MTV Cribs*, is it? 'C'mon."



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## Mav tennis team falls to Washburn, puts win record on hold

PAUL FREELEND  
SENIOR STAFF WRITER

Any hopes the UNO tennis team had of breaking into the record books were put on ice as the Mavericks fell 7-2 to Washburn University.

UNO (8-4) had pulled within one win of equaling the school record for wins in a season with its 8-1 win over Augustana. The win put Washburn's season record at 8-2 and stopped its losing skid at two duals.

Maverick junior Sara Batchelor's play helped UNO garner its only wins of the dual. Batchelor defeated Washburn's Erin Underwood at No. 1 singles in straight sets, winning 6-0, 6-2. Batchelor also teamed with Lindsay Henjum at No. 2 doubles to top Caitlin Day and Lindsay Sullivan 8-5.

Washburn held the upper hand after doubles play as Underwood and Katie Schmidt topped UNO's Sarah Huls and Abby Wilson 8-5 at No. 1 singles. Holly Munro and Kris Castillo won at 8-0 No. 3 singles over Mikaila Spalding and M.J. Robertson.

Batchelor's win at No. 1 singles pulled the Mavericks level at 2-2, but Washburn claimed the rest of the singles matches to run out 7-2 winners.

Schmidt topped Huls 7-5, 6-4 at No. 2 singles and Day won 6-1, 6-2 over Henjum at No. 3 singles. UNO's Pam Le extended her No. 4 singles match with Sullivan to three sets before falling 6-2, 2-6, 6-3.

Munro beat Spalding 6-2, 6-4 at No. 5 singles and Castillo capped Washburn's win with a 7-5, 6-2 victory over Wilson at No. 6 singles.

UNO's next opportunities to tie the school record for wins in a season will come this weekend as the Mavs play their final home matches of the regular season.

Northwest Missouri State travels to Omaha Friday for a 1 p.m. dual and North Central Conference foe North Dakota visits Hanscom Park at noon Saturday.

The Mavericks will then play Graceland University for the second time before wrapping up the regular season at Midland Lutheran.

The NCC tournament, hosted by UNO, will take place April 17 and 18 at Hanscom Park.

## Mav softball team hangs 10 during spring break romp

PAUL FREELEND  
SENIOR STAFF WRITER

Opponents of the 15th-ranked UNO softball team enjoyed little fun in the sun as the Maverick pitching staff allowed just four runs in 10 games at the Rebel Spring Games in Orlando, Fla.

UNO (14-1) posted a pristine 10-0 record during the tournament, shutting out seven opponents while only twice being held to fewer than seven runs.

The Mavs opened play with an 11-2 win over East Stroudsburg in a game shortened to five innings by the eight-run rule.

Nicole Vos paced the UNO attack with a double and a triple while junior college transfer Ashley Schmidt gave up two runs on two hits for her first win of the season.

Kutztown proved to be tougher competition for the Mavericks, but single runs in the first and second innings were enough as Emily Adkins and Krista Unger combined for a three-hit shutout. Unger followed that effort by allowing one run on five hits as the Mavs beat Caldwell 13-1.

Vos continued her offensive fireworks against Southampton, going 2-3 with a three-run home run in UNO's 10-0 win, and Adkins spun her first no-hitter as the Mavs beat Caldwell again, this time 14-0.

UNO also ran up against Minnesota-Duluth, the club that ended the Mavs' season last year. Neither side made any offensive inroads against the other until the bottom of the seventh inning when Andrea Lockett connected on a single with the bases loaded to win the game.

## Combined no-hitter boosts Maverick baseball team

J. PARKER ADAIR  
STAFF WRITER

Headed into March 12, the Maverick baseball team had a 4-4 record and was facing a stretch of 12 games in 10 days.

With a long road ahead and a season pending a great deal on the outcome of the coming week and a half, the Maverick pitching staff gave a performance to remember in the first game of a double header against Northwest Missouri State.

UNO senior starter Kyle Funk pitched the first two innings effectively. His only blemish was a hit batter who would advance to third via steal and a groundout. Funk struck out two batters in that same inning and eventually earned the win for what would become a combined no-hitter.

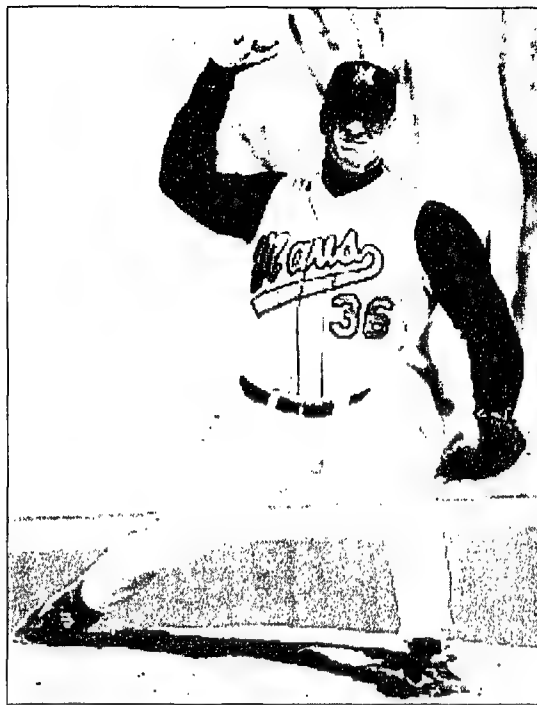
Chris Tate threw the next two innings perfect against his six batters and struck out three. Jeff Spilker, Chris Collins and Nate McCabe followed him in perfect succession for the Mavericks.

Collins struck out two on the day and the Maverick defense was all-out perfect. Funk's hit batter would be the only blemish in the game.

David Kros scored in the third after his double to left center and Eric Gordon added an insurance run for the Mavs in the seventh to give them the 2-0 win.

The nightcap was not so friendly, although the Mavs did jump out to a 5-0 lead in the first inning. But a two-run home run put NWMSU right back in it and the team tied it up in the next inning scoring three runs, two unearned.

UNO came back strong in the



Kyle Funk, shown here during a game last season, pitched the first two innings of the Mavericks baseball team's March 12 game against Northwest Missouri State University. Funk's only blemish was a hit batter, who advanced to third via a steal and a groundout.

photo by Chris Michan

fourth to score two runs, but gave up four more and lost the game 9-7.

The Mavs used the loss as fuel as they went down to Florida and proceeded to win six out of seven games at the Florida College Baseball Jamboree.

After beating Cortland 6-5, UNO faced West Virginia Wesleyan three times in two days. The two teams split the March 15 double header, each winning by a run, but the Mavs came in with their bats in hand and walked out of Ormond Beach with the barrels still smoking.

UNO scored 13 runs on 13 hits while giving up seven runs; only two were earned. Gordon went 3-4 with two runs and four RBIs as the Mavericks stormed to a 13-7 win.

UNO continued winning on

Ormond Beach. They won the next three games over Embrey Riddle (2-1), Concordia (Wis., 8-5) and North Florida (7-5) before finally dropping a 3-2 game to Rollins (Fla.).

The Mavs followed up with an 8-3 victory over Huntington before dropping a 10-0 to Embrey Riddle. The Mavs committed five errors in that game.

Maverick fans don't have to wait long to see their team at home.

The Mavs play a 1 p.m. game at Wayne State March 26 before their home opener at Seymour Smith Park at 1 p.m. March 29.

They also open conference play that day, playing North Dakota State two days in a row.

## Wallace, Sigman crowned national champions

J. PARKER ADAIR  
STAFF WRITER

After romping the competition at the North Central Conference tournament, the Mavs looked to improve upon last year's second-place showing at the NCAA Division II tournament.

Six wrestlers took on the competition March 11 and 15 in Wheeling, W.V. Four walked out as all-Americans, two as national champions.

Chad Wallace looked to improve on his runner-up status from a year ago and become a four-time all-American and earned the ability to call himself the best wrestler in the country.

His 197-pound semifinal match proved to be Wallace's toughest challenge - an overtime thriller against Jeff Rusher of Chadron State. Wallace knocked off Rusher with 25 seconds left in the extra frame.

In the finals, Wallace found himself in a rematch of the NCC championship.

His 10-3 victory over Brian Kraemer of North Dakota State earned him the Mavs' first individual national championship since Brauman Creighton won back to back in 1998 and 1999.

This set the stage for freshman heavyweight Les Sigman to make a run for a national title.

In his four matches, Sigman yielded only six points.

He faced Dustin Darveux of St. Cloud State, whom he beat 8-0 in the NCC final, in the finals. Sigman won this

title match 6-0.

Mitch Waite marched onward to the championship match at 133 after winning a 6-5 semifinal match over Joe Simcoe of Findlay. His toughest challenge up to that point had come when he escaped from Donald Lockett of San Francisco State in double overtime, earning him the title of all-American.

Waite would go on to lose to Central Oklahoma's three-time national champ Cole Province.

In his fourth national championship meet, Zach Stalder (184) became an all-American for the third time.

The senior came out strong, winning a technical fall over Tim Johns of Southwest State before narrowly losing to defending national champion Mauricio Wright of San Francisco State. Wright went on to win the crown once again.

Stalder won his first two consolation matches before being knocked off by Mercyhurst's Ben McAviney. Stalder earned fifth-place honors for the second year in a row.

Dan Hillario (125) fell short of earning his second all-American honors after back-to-back losses after an 8-2 opening-round victory.

Roderick Ratcliff came short of earning his elusive national title at 141 pounds. Ratcliff had earned all-American honors three consecutive years, but the senior dropped his opening matches 12-0 and 7-1, ending his career on a sour note.



From left to right, Amanda Mahan (receiving baton), Laura Gass, Syd Merz, (receiving baton) and Debbie Akerly competed during a meet earlier in the year.

## Indoor track team closes its season

PAUL FREELAND  
SENIOR STAFF WRITER

The Maverick women's track and field team completed its indoor season with a trip to the NCAA Division II national meet in Boston.

Taking six athletes to the two day competition, the Mavericks garnered eight team points to finish 20th in the overall standings.

St. Augustine's took first place at the meet, hosted by the Eastern College Athletic Conference, with 73 points. Abilene Christian placed second with 53 points and defending champion and fellow North Central Conference member North Dakota State was third with 41 points.

UNO took two individual competitors and one relay team to the national meet.

Alison Anderson was the highest-placing individual for the Mavs, finishing seventh in the 20-pound weight throw with a throw of 53 feet, 9.75 inches. Melissa Meisinger was UNO's other individual finisher, taking ninth place in the triple

jump with an effort of 38 feet, 5 inches.

The 1,600-meter relay team of Sarah Menghini, Amanda Mahan, Laura Gass and Syd Merz took home UNO's highest placing of the meet, as they took third place in a time of 3:47.77.

Other North Central Conference schools at the meet had mixed results.

South Dakota was ninth with 17.5 points, South Dakota State was 10th with 15 points and Minnesota State-Mankato was one of four schools tied for 13th with 10 points.

North Dakota and UNO were in a four-way tie for 20th while the University of Nebraska at Kearney and Augustana each finished with two points, good enough for a 31st-place tie.

Having wrapped up the indoor season, the Mavericks began outdoor competition at the Central Missouri State Heptathlon in Warrensburg, Mo., Friday and Saturday.

Results for that meet will be in Friday's *Gateway*.

The team's first dual meet will be Saturday against Briar Cliff in Sioux City, Iowa.

## Ohio State escapes Maverick trap, sends UNO home

BRIAN BRASHAW  
SPORTS EDITOR

It wasn't what the Maverick hockey team wanted out of their second trip to Columbus. It would have been nice for the outcome to have been more like the one in Omaha.

But Ohio State figured out the trap this time around and took the opening lead in both games in the first round of the CCHA playoffs and swept UNO 4-1, 3-1 March 14 and 15 at Nationwide Arena in Columbus, Ohio.

What should have been a home-ice advantage was somewhat dulled for Ohio State as it played its home games in the Value City Arena.

That venue was committed to the state's high school athletic association for the girl's state basketball tournament, moving the series to Nationwide Arena, home of the NHL's Columbus Blue Jackets.

But that didn't at all deter Ohio State from its mission.

This was the third series featuring these two teams this season.

UNO drew Ohio State in its four-team conference cluster, and each team hosted a series. The Buckeyes swept the one in Columbus 4-1, 3-1. And when the Buckeyes came knocking at the Civic, UNO debuted the neutral zone trap strategy and returned the sweep, winning 4-0, 3-1.

But the Buckeyes broke the trap this time, when it counted the most.

The sweep sent Ohio State to the Central Collegiate Hockey Association Super Six in Detroit, while the loss ended UNO's sixth season of hockey.

UNO Head Coach Mike Kemp told Paula Weston of USCHO.com he was "very disappointed" in the way the Mavericks ended the season but added his team "did a good job adhering to what we needed to do [in today's game] to be successful."

But sometimes, all the trap does is dig a deeper hole, especially when the other team scores first.

Kemp has preached many times how important it is to play with the lead when you play the trap. OSU, however, stormed out to the early lead Friday and did not look back.

While the Mavericks were applying pressure in the first few minutes, Ohio State stormed three skaters in on a transition and scored first.

Miguel Lafleche took the initial shot, which hit Ellis and dropped. As the two

other skaters stormed in, Scott May poked at the puck and May, Lafleche, Ellis and two Mavericks ended up piled into the net and the crease.

Referee Steve Pitrowski determined the puck had crossed the line before the collision and it would count, putting UNO down for good.

"I think the first minutes of the game were probably the best we played the whole game," Kemp said. "I thought we came out with some pressure."

"That one goal — it was a shot, looked like it was covered and got pushed back into the net on the second take, and that kind of set us back on our heels. ... I thought Ohio State really took it over the second half of the first period."

May scored again in the first period, a power play goal that would be the game winner. Senior David Brisson prevented the shutout by OSU goalie Mike Betz, scoring a shorthanded goal 16:16 into the final period.

It would prove to be Brisson's last point as a Maverick.

Ohio State turned UNO netminder Dan Ellis into a clay pigeon, firing a total of 57 shots, the most any Maverick goalie has faced.

Again Saturday, Ohio State struck first. Chris Olsgard scored at 6:49 of the first to give the Buckeyes the 1-0 lead. Olsgard's shot was from behind the net and ricocheted off Ellis' legs to find the net.

UNO almost fell behind 2-0, but a Paul Caponigri shot never crossed the line as Ellis fought it to the ice.

UNO senior Joe Pereira scored to tie the game at one later that period. Pereira's goal was the Mavericks' only power-play goal of the series out of eight tries.

The second period was brutal for the Maverick offense, as they were held without a shot on goal. But Ellis made 14 saves that period to keep the game tied a one goal apiece.

"We had momentum in the second period, but just couldn't score," said OSU Head Coach John Markell. "Ellis was right there."

Ellis made 37 saves in the effort, giving him a total of 90 saves on 97 shots. The Mavericks managed just 38 shots in the two games.

R.J. Umberger and Lafleche each scored in the third period to put the game out of reach for UNO. Umberger's came on a 5-on-3 power play and was OSU's second power play goal in 13 chances.

The Mavericks finished the season at 13-22-5, its first losing season in three years.

seven hits as UNO topped Southern Connecticut 9-4 and completed a sweep of their 10-game spring break schedule. Lauren McArthur went 4-4 with an RBI against USC and Kelleigh Warren was 3-3 with three RBIs and a double.

UNO's first games back from spring break will be against a pair of in-state foes.

The University of Nebraska at Kearney will travel to Omaha for a doubleheader with the Mavs Wednesday and Wayne State will do the same Thursday.

Both doubleheaders are scheduled to begin at 4 p.m.



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### From BREAK, page 13

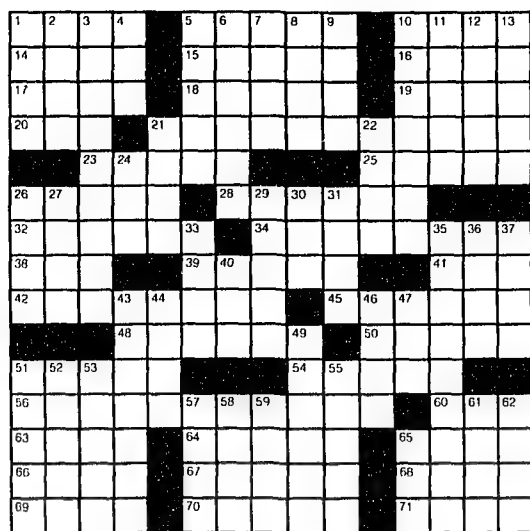
UNO's scheduled games on Friday against East Stroudsburg and Kutztown were cancelled due to rain, but the day off did little to dampen the Mavericks' momentum as the Mavs started Saturday with an 11-0 blanking of Nova Southeastern, the team's seventh consecutive shutout. Unger had two strikeouts in her two-hit shutout as she tied Michelle Manthei's school record for career victories with 88.

Schmidt wrapped up the Mavericks' spring break soiree, allowing four runs on



## The Daily Crossword

- ACROSS**
- 1 A single time
  - 5 Fire remains
  - 10 Trace of color
  - 14 Singer Redbone
  - 15 Sierra \_\_\_\_
  - 16 Day segment
  - 17 Dumbo's wings?
  - 18 Activity area
  - 19 Fascinated by
  - 20 Madrid Mrs.
  - 21 Oz locale
  - 23 Detroit dud
  - 25 Approves
  - 26 Anklebones
  - 28 Fill with dismay
  - 32 Votes in
  - 34 Dawdle
  - 38 Fade out
  - 39 Bikini, for one
  - 41 Samuel's mentor
  - 42 Toured the Serengeti
  - 45 Toadies
  - 48 Most ill-bred
  - 50 Holy city of Islam
  - 51 Proverb
  - 54 Au revoir!
  - 56 Dorothy's shoe
  - 60 LAX carrier
  - 63 Exam type
  - 64 UFO passenger
  - 65 Tiny bit
  - 66 Distribute
  - 67 Boardwalk extensions
  - 68 Tierney of "The Ghost and Mrs. Muir"



By Jim Page  
New York, NY

3/25/03

- |                 |                                    |                                       |
|-----------------|------------------------------------|---------------------------------------|
| 69 God of war   | 12 Bonkers                         | 40 Golfer's gadget                    |
| 70 Out of style | 13 Donahue and Aikman              | 43 Colorful socks                     |
| 71 Work units   | 21 Give off                        | 44 Regrets                            |
|                 | 22 Child's toy                     | 46 Abu Dhabi leader                   |
|                 | 24 PC key                          | 47 I told you so!                     |
|                 | 26 Williams and Kennedy            | 49 Trims to a point                   |
|                 | 27 Inter ____ (among other things) | 51 Bakery smell                       |
|                 | 29 Trudges                         | 52 German engraver                    |
|                 | 30 ____ Pot of Cambodia            | 53 Ease off                           |
|                 | 31 Sheedy of "St Elmo's Fire"      | 55 Obtuse                             |
|                 | 33 Spoken                          | 57 Reindeer herdsman                  |
|                 | 35 Jeweler, perhaps                | 58 Bones in pelvises                  |
|                 | 36 Baldwin brother                 | 59 Dessert pastries                   |
|                 | 37 Ms. Lollobrigida                | 61 Anna May of "The Thief of Baghdad" |
|                 |                                    | 62 Iowa city                          |
|                 |                                    | 65 Grow old                           |

## from YOUNG, page 10

help struggling teens by addressing some of the more common concerns for teens. According to the foundation, 95 percent of college students who have committed suicide suffered from a mental illness, such as depression.

According to the AFSP, if students are depressed, their illness can be made worse by

substance abuse, anxiety and feelings of anger, hopelessness or depression. The AFSP reminds teens these factors contributing to suicide can be very diverse and become complicated.

For more information regarding the AFSP, go to [www.afsp.com](http://www.afsp.com).

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## Mich. claims conference championship

BRIAN BRASHAW  
SPORTS EDITOR

While the regular season crown saw an unfamiliar head underneath it, the Central Collegiate Hockey Association tournament's Mason Cup met a familiar holder.

Michigan edged Ferris State, who won the regular season, in the conference tournament 5-3 to claim its fifth tournament title in eight years. The only other tournament winner is Michigan State.

Omaha native Jed Ortmeyer scored two goals in the championship game, both in the second period.

The crowd at the Joe Louis Arena was 19,097, the third largest crowd to see a CCHA

tournament game, and reports say those not there for Michigan - including fans from the other five CCHA teams - seemed to root for the Bulldogs.

Michigan started the tournament with a bye in the first round of the Super Six, as did Ferris State. Michigan blanked Ohio State 3-0 in the semi-final, and Ohio State beat Notre Dame 3-2 in the opening round.

Ferris State met Northern Michigan in the semi-final after the Wildcats out-dueled Michigan State 7-5 in the opening round. Ferris defeated Northern Michigan 4-2 on two goals by the league's points leader, Chris Kunitz.

Ortmeyer was named the tournament's most valuable player.

## from LANDS, page 9

I was dumbfounded. How could I come so far, pay so much money, get so much publicity and not have it happen? I explained the reasons for my delay to the officers present and waited for a few hours.

Finally, an officer came out and told me that they would "take care of me." I felt reborn.

That night, myself and two CBS cameramen, who were going to be embedded with the 101st Air Assault Division, were given a lesson on the nuclear/biological/chemical protective suit and how to give Atropine antidote injections.

The next morning SSG Johnson of the 318th Public Affairs Detachment, a stocky ex-college football linebacker from Indiana, drove me to Camp Arifjan, which is somewhere west of Kuwait City.

"You are the last embed to be placed," he told me.

It was a distinction I could have done without. I am embedded with a cameraman for NBC news, a reporter for the *New Orleans Times-Picayune*, a cameraman and reporter for TVE (Spanish television) and two Chinese reporters from Phoenix Television in Hong Kong. But most of them will be moving to

different units in a day or two.

One complication is the weather. As I write this on Wednesday afternoon, there is a fairly strong dust storm outside.

There is a constant and gusting wind. The sky is brown with sand and many of the soldiers walking outside wear goggles or sunglasses to protect their eyes. Some cover their mouths with scarves.

The walls of the tents shake and undulate back and forth like waves and the air smells like dust. The only soldiers I have had a chance to talk to are those from the 318th Public Affairs Detachment in Kuwait City.

They all seem to be highly motivated and are reservists from southern Wisconsin, Indiana and the Chicago area.

There is a good chance I will be sent to another engineer unit soon and will go farther north. I can report more after Thursday morning. There is still an air of uncertainty here.

The soldiers and journalists know what will probably happen in terms of the big picture, but not what will happen specifically to us as individuals, or when.

In my reporting in the next few weeks, I will attempt to describe what life is like for soldiers in my unit - what I see of the war.

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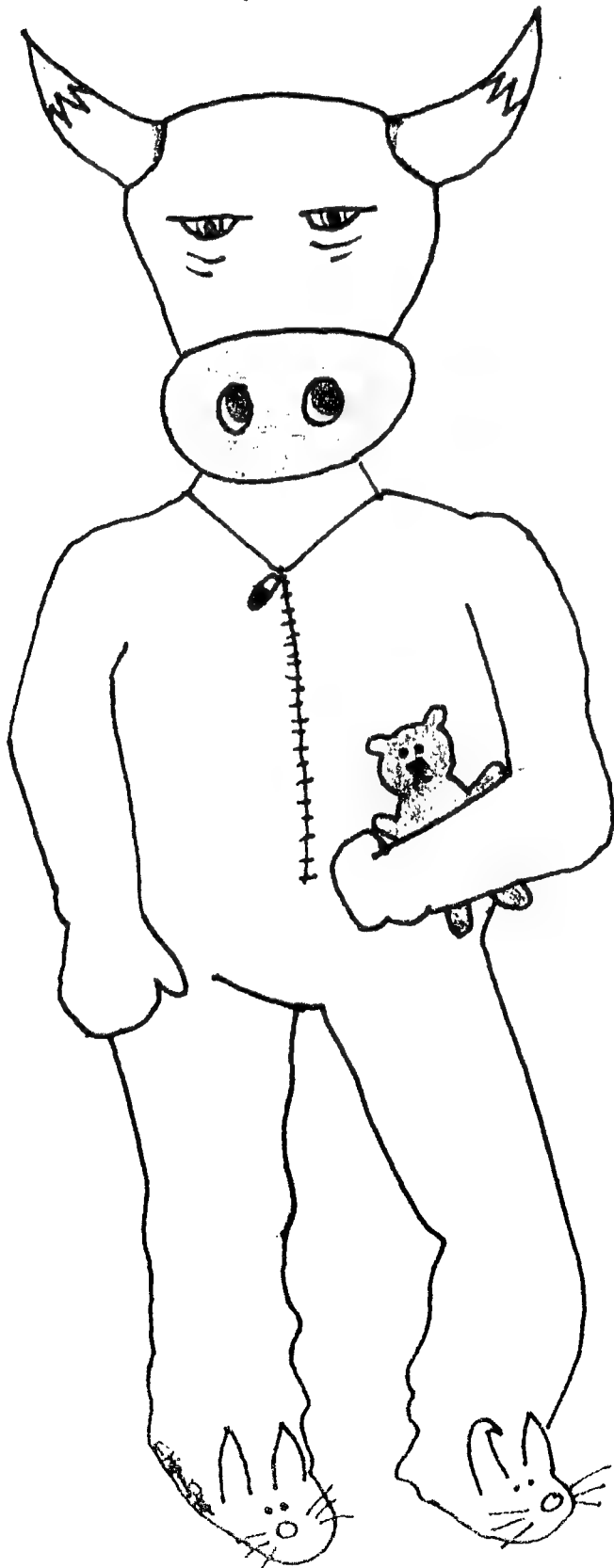
# Student Programming Organizations Presents: March Madness: Week of Relaxation

## March 24-28

### Today

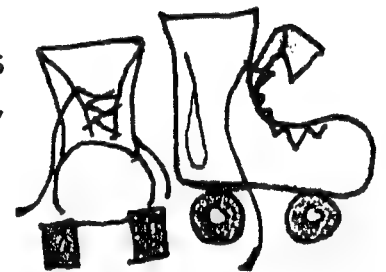
Free massages and free food! SPO would like to invite you to come and relax. Come for your free massage in the Fireplace Lounge, in the bottom floor on the Milo Bail Student Center, from 11 a.m. to 1 p.m.

Think you're the best at Madden 2003? Well, we want to put you to the test. Tonight in the Fireplace Lounge from 6 p.m. to 10 p.m., we challenge you to a PlayStation II War! And if that isn't enough, there will be free pizza!



### Wednesday, March 26

Want to bring back childhood memories and let loose? Come join us at Skateland, 132nd and B Streets, from 8 p.m. to 10 p.m. and enjoy free skating and free food!



### Thursday, March 27

Have no money? Is your date mad because you're short on cash? We have an answer! Tonight we rented a theater at AMC for a showing of *A View From the Top*, and the first 250 people will get in FREE! And we are even bringing tons of snacks!



CS 0

### Friday, March 28

If you have no plans tonight and just want to sit at home in your pajamas, we have a better idea. Tonight we are having a Pajama Jam! Consider it a co-ed slumber party! There will be a DJ plus free food and activities to keep you busy. See you tonight in the Fireplace Lounge from 8 p.m. to midnight.





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**Inside this Issue**

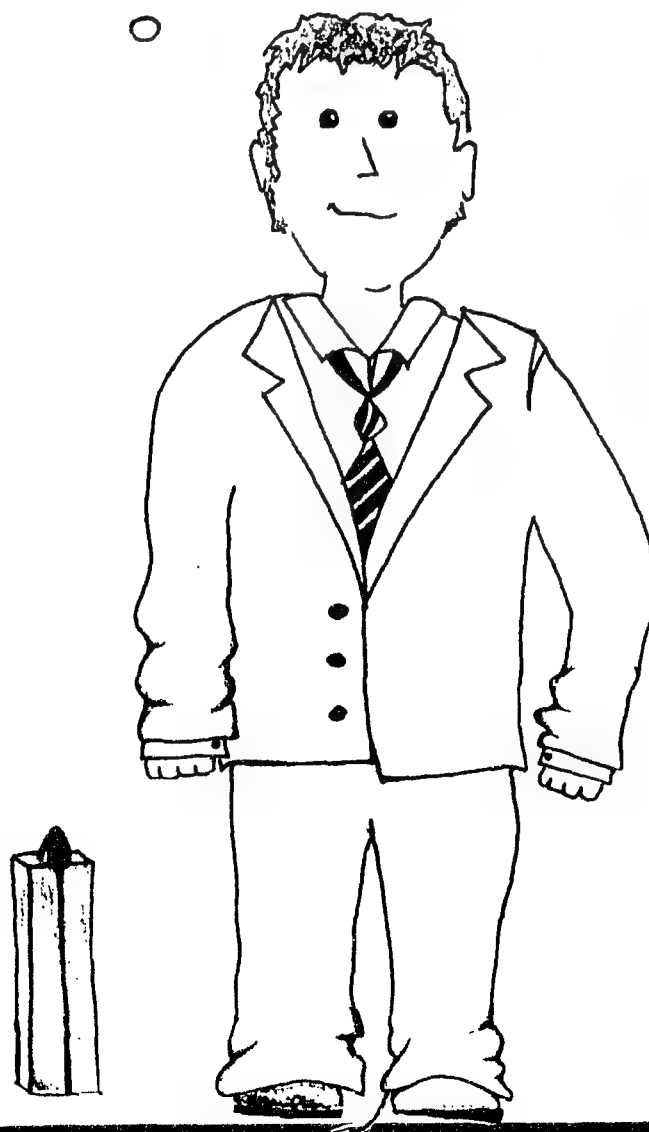
Former UNO student designs sushi bar  
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Look inside for the March 25 issue of *The Gateway*



# Former UNO student designs sushi bar

SARAH MEEDEL  
FEATURES EDITOR

"I think architecture is extremely rewarding," says former UNO student Tom Allisma. "It's like art at a huge scale."

Allisma designed and co-owns a new Omaha restaurant, Blue - Sushi Sake Grill.

Allisma moved with his family to Omaha when he was 7 years old in 1981.

He credits his mother for stirring up his creativeness early on.

"My mom was the one to get me

in the classes, the material covered intrigued him as well.

When Allisma took a drafting class his sophomore year of high school, he knew designing was what he wanted to do with the rest of his life.

After high school, Allisma enrolled in UNO's pre-architecture program. He attended UNO from 1993 to 1996.

While at UNO, he was able to take advantage of the university's unique teaching style and made multiple contacts,

degrees.

Allisma was accepted to multiple universities in Los Angeles for graduate school but decided to stay in Nebraska.

"If I went out to L.A. and went to school, I would probably be \$100,000 in debt right now and I would not be having a sushi bar, and I wouldn't be doing any of these projects," Allisma says. "I would be struggling."

Currently, Allisma is an architect intern. He explains one has to work for three years and take a licensing test before earning the official title of architect.

He plans to begin taking the nine-part exam in May or June.

In the meantime, he cannot work on any project that is 5,000 square feet or more nor do any commercial work due to structural issues.

Even though he may not have the title of architect yet, Allisma has been keeping busy.

In November 2002, Allisma, along with partners attorney Nick Hogan and sushi chef Tom Buder, opened Blue - Sushi Sake Grill.

Located at 144<sup>th</sup> and Maple streets, Blue looks like something out of Los Angeles or San Francisco.

As its name hints, the core color in the restaurant's design is blue.

"Blue is just a color name, but when I think of 'blue' I think of soothing and I think of water and I think of the ocean and the sky," Allisma says. "It just seems right."

When designing the establishment, Allisma says he was "trying to get a coastal feel in the Midwest."



photo by Chris Machan

*Former UNO student Tom Allisma designed and co-owns a new Omaha restaurant, Blue - Sushi Sake Grill. He moved to Omaha with his family when he was 7 years old in 1981.*

He sums up the design of the restaurant as "coastal abstraction."

When working on Blue and other design projects, Allisma uses computer models, which he calls "one of the best tools possible."

Allisma enjoys seeing the positive reactions to his creations from his clients.

"You can tell when they're hyped about projects," he says. "I enjoy it when I see people get excited about it."

Allisma plans to continue to design various projects.

"I want to get more into development and I'd really like to do more restaurants or more entertainment things," he says.

He encourages those interested in the field to intern early on.

"It just may be running errands, but see what goes on in the office, what kind of job you're going to be doing," Allisma says. "That will prove to yourself if that's what you really want to be doing."

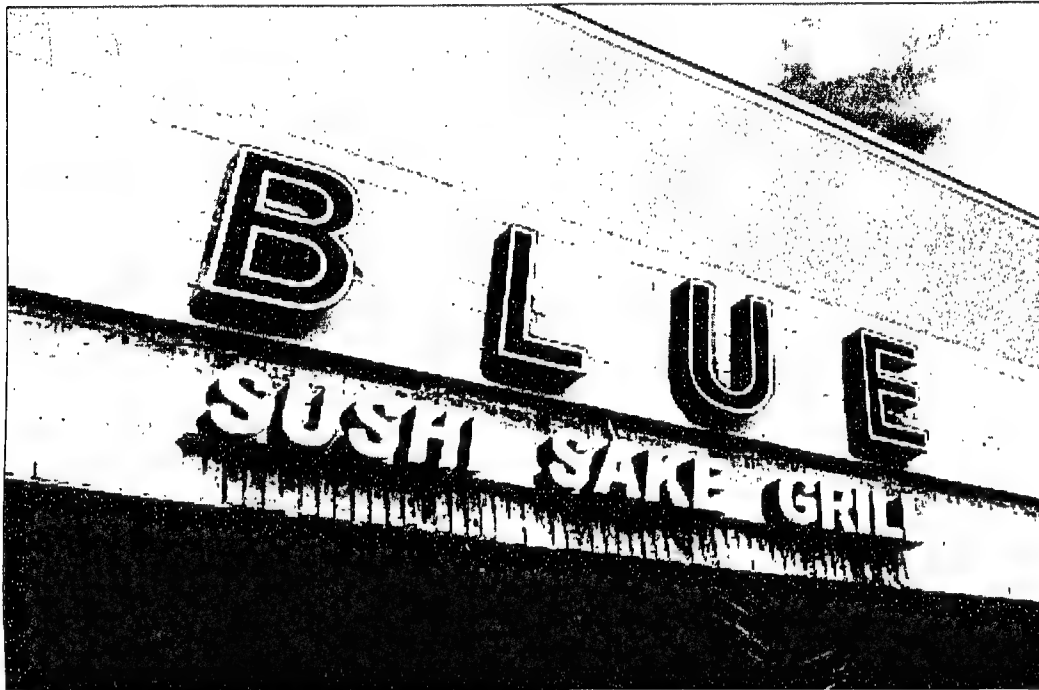


photo by Danielle Petersen

*Blue - Sushi Sake Grill, located near 144th and Maple streets, looks like something out of Los Angeles or San Francisco. Designer and former UNO student Tom Allisma would like to work on other restaurants or entertainment-related architecture projects in the future.*

involved in coloring contests and other cool, fun, creative things," he says.

While attending classes at Millard South High School, Allisma received more exposure to architecture and design. Friends would encourage him to take certain design classes because the teachers were cool, but he found that once he was

such as Randy Brown and Kevin Clark.

The pre-architecture program hires professionals in the field to teach courses. These professionals bring a unique perspective to the classroom with their experience.

Since UNO does not offer degrees in architecture, Allisma transferred to UNL in order to complete his bachelor's and master's

## The Gateway Editor Editor Editor Editor-in-Chief

Summer '03 & Fall '03

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## College student turns nanny job into business

ELLEN TOMSON

KNIGHT RIDDER NEWSPAPERS

Joe Keeley was a college hockey player studying business at the University of St. Thomas when he became a nanny.

Before long, he became a nanny company.

His life took the unexpected turn one day when he spotted an ad in a student newspaper: An Edina, Minn., professional couple was seeking someone to take care of their two sons, ages 7 and 9.

Not many nannies are guys, but Keeley was a great match for two boys, who were busy with hockey, golf, tennis and swimming. He drove them to and from games and practices, and he coached, practiced and played with them.

He also considered it part of his job act as a role model.

"I know that kids are sponges, and however you act, they will absorb that," he says. "I made sure we ate balanced meals and that they acted like gentlemen."

Keeley helped the boys with math so they would keep sharp for an accelerated math program they were enrolled in at school. He also set aside time for reading.

Keeley drew on past experiences for his first nanny job. He has an older brother and grew up in Grafton, N.D., where he coached hockey and took care of younger cousins.



# Win over your interviewer

JEN DISNEY  
STAFF WRITER

Whether applying to work at Pizza Hut or a Fortune 500 company, being prepared for a one-on-one interview is key.

With a bad interview, even an over-qualified applicant can easily be turned down.

The goal is to not only show responsibility but also to be remembered as the solution to the company's problem.

Many have had parents tell them how important first impressions are; they were right.

According to a UCLA study, people evaluate one another through visual, voice and verbal characteristics. How one looks, how one speaks and what one says will determine whether an interviewer wants to give a person a chance.

Another study, conducted by University of Toledo, concluded the first 30 seconds make or break the connection between two people when meeting for the first time.

The first few minutes of an interview can be most effected by personal confidence.

A firm handshake, a smile and steady eye contact is a good start.

Sweaty hands plague many applicants. This can usually be fixed by running cold water over them. One can never go wrong with a firm, dry grip.

Avoiding pet peeves can certainly help an interview go smoothly. While many vary from person to person, there are certainly general no-nos.

Be sure not to go overboard on the cologne/perfume, make-up or flashy jewelry. Not only can it be annoying, but this can come off as showy; trying to focus the interviewer on the wrapping of the package, because the contents are not so impressive.

Communication in addition to looks is a significant topic.

Try to keep short-answer replies around two or three minutes and be cautious not to ramble. Expand on what you have to offer and how being hired can benefit the company as opposed to one's personal life. Whenever possible, keep away from saying "um," "like" and "uh."

According to Monster.com, the biggest pet peeve by far is lying. Even embellishing on a resume can leave one in the dust when being considered for a position. By all means, tell the truth, but make sure the resume and references match what is said in the interview.

It is very important to know what former bosses might say,

good or bad.

People are always trying to show their strong points and hide their weaknesses. It is OK to admit and even take responsibility for any mishaps in the past as long as one lets the interviewer know one has changed and wishes to be a better worker if for no one else than him or herself.

Let the employers at the interview know you are the solution to their problem, willing to take responsibility, a "people person" and willing to take directions. One's list of strengths and weaknesses must convey this message.

One suggestion is to find a weakness that can be turned into a strength. Make the weakness apply to personal life, in a way that any other human being can relate to.

Many interviewers will notice when they are being played for fools. Few people have their weakness listed as being a perfectionist or any other anally retentive trait that only aids productivity. If this card is played right, one cannot only win some level of understanding on the interviewer's part, but also be remembered as having a personality.

Lastly, consider previous jobs. The reason for quitting or getting fired and how one felt about peers and management can have a big impact on how the interviewer will see an applicant will fit into the company's big picture.

The worst mistake one can ever make in this area is blaming management or peers for disliking the job. It shows pickiness, and versatility goes a long way when searching for "team player."

The best response to "Why did you quit your last job?" should be thought about thoroughly before hand. Take the opportunity to look at former or current jobs from a managerial perspective and think about what could have been done differently.

Make goals and figure out personal strengths before going to an interview. No one knows better than oneself what makes him or herself a valuable employee.

Employers are frequently looking for people whose goals include the company in his or her future, not merely because one needs a job, but because one can see himself or herself leading a life in that particular position.

Strengths should be what make a person an original and weaknesses should be nothing more than easily penetrable barriers on the road to self-improvement.

First impressions are key. If one can be prepared and present himself or herself in a confident manner, getting a sought-after position should not be difficult.

from NANNY, page 2

"I listen," he says. "I think it takes a pretty good listener to connect with kids, and kids have a lot of really important things to say."

By the time his first summer as a nanny ended, Keeley had met other parents who were interested in hiring college students as nannies for their kids.

He started his business, College Nannies, in February 2001 with help from the entrepreneur department at St. Thomas. He placed a dozen nannies with families by the following summer. Last summer, the number grew to 16. This year, he hopes to match 25 to 30 nannies and families.

Keeley, 22, conducts lengthy interviews with students who respond to the ads he places at St. Thomas, the College of St. Katherine, the University of Minnesota and other campuses. He seeks out students in child-development, education or sports-coaching courses.

The candidates he hires are students who are interested in children and enjoy working with them. He doesn't hire those who say they want a job - any job - for the summer.

He conducts background, reference and motor-vehicle checks, and he interviews families in their homes to match personalities as well as schedules.

He charges the family an initial \$395 fee and, after a 30-day trial period, \$300 more. The family and the nanny negotiate the hourly rate of pay for the nanny. It is usually about \$10 an hour.

Keeley graduates in May from the University of St. Thomas. He expects to expand his business to include nannies for after-school care.

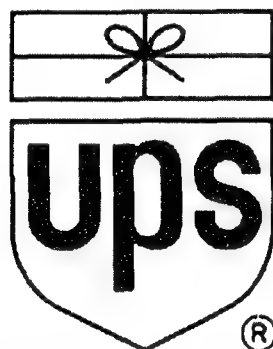
After that?

Perhaps College Nannies will expand to other cities.

Right now, the business is headquartered in a home office on Selby Avenue in St. Paul and in an office at the university's entrepreneur department, where Keeley can make use of copiers, computers and other equipment, even after he graduates.

Most of the nannies he places are young women, and families tend to expect female nannies. But a few families, particularly those with older boys, are now seeking male nannies.

"Sometimes, it's news to them that there are male nannies," Keeley says. "Then, they say OK, they think that would be really neat."



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# Career Center offers job assistance program

KRIS KOHLMEIER  
SENIOR STAFF WRITER

Too often, career-bound students feel they have little more than fate on their side when applying for a job.

Even with a good resume and high college achievement, connecting with potential employers is a challenge.

UNO's Career Center works to ease that pressure through its services, including the Resume Partner II program.

Resume Partner II, powered by Monstertrak, is an online program that registered UNO students and alumni can use to create resumes and cover letters, forward resumes to employers and take part in exclusive on-campus interviews.

"For a lot of companies, this is the front door to their campus recruiting," says Emily Muckerheide, acting director of the Career Center.

The fee for registering is \$25 for one year.

"Not a bad deal at all," Muckerheide says, adding there are periodic sales on registration.

Currently, the Career Center's Web site ([www.careers.unomaha.edu](http://www.careers.unomaha.edu)) lets students search through jobs and internships and upload a resume for personal use.

By using Resume Partner II, registered students will be able to utilize additional services.

When employers need people with specific skills, they can contact the Career Center and get a referral. Registered resumes are searched and a list of candidates is forwarded to the recruiter.

Resume drops occur when companies want to collect several resumes. Students in the database can submit their resumes for consideration.

Each spring (February to mid-March) and fall (October to mid-November), registered students can participate in campus recruiting. Students can choose time slots online in order to interview with visiting employers.

In addition, the Career Center sends e-mails to registered students concerning job leads, upcoming career events and Career Center information.

To register, students and alumni must make an appointment with a Career Center staff member in order to have their resumes reviewed.

The Resume Partner II service does not assist in automatically creating a resume via a computer program.

Muckerheide suggests students follow resume examples online and in the packets available in the Career Center, then type in Microsoft Word.

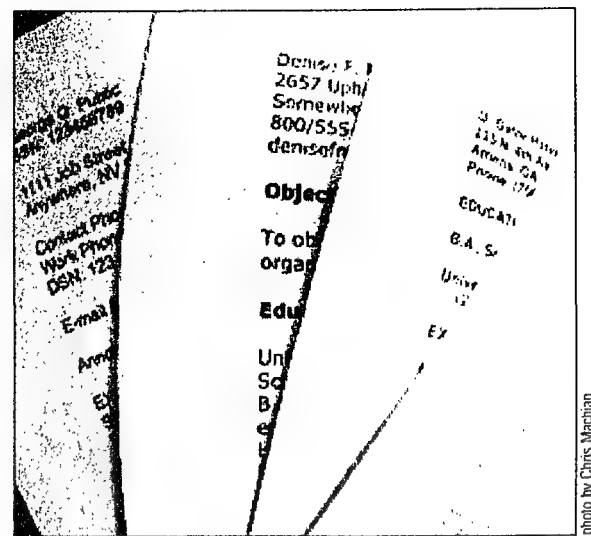
After the resume is reviewed and the fee is paid, students are ready to go.

Last fall, nearly 40 companies participated in the Resume Partner II program, including ConAgra, Alegent Health and Simone Engineering.

Companies like Resume Partner II make recruiters' lives easier, Muckerheide says, particularly those who travel often. Employers can access resumes online and print them.

Students find the program efficient, too, because the online site can be accessed at any time.

The difference between common resume posting Web sites and Resume Partner II is the level of service the



UNO's Career Center offers Resume Partner II, an online program that registered students can use to create resumes and forward them to employers.

Career Center supplies.

"We're here working with students and interacting with the employers," Muckerheide says.

She recalls a student who registered and recruited with accounting companies last fall: "He came back to happily tell us he had a job with Deloitte & Touche starting next fall."

The Career Center will have live demonstrations of Resume Partner II at the career fair March 26.

# Dressing the part can help job-seekers succeed

CHIP OLSEN  
SARAH MEEDER  
SENIOR STAFF WRITER  
FEATURES EDITOR

It is easy to get by dressing like a slob on campus.

In fact, with warm weather moving in, the assault on fashion continues with flip-flops, tank tops, shorts and workout pants, which are worn during any season but are even more prevalent during sunny days.

This casually bold attire, however, does not sit well in the typical business climate.

A conservative – albeit not too formal – look is the preferred means of dress during that high-pressure interview many students will inevitably face.

"Because the nonverbal communication involved during an interview process is so important, you want to

present yourself as a professional," says Emily Muckerheide, acting director of the UNO Career Center.

While many companies have relaxed company code on dress, interviews still carry a conservative standard, which means investing in a suit.

Jennifer M. Cribb, a manager of the Casual Corner Group, says wearing a suit to an interview is vital.

She suggests selecting a black or navy suit and choosing a shirt of vibrant color to wear underneath.

To get the most use out of a single suit, she suggests purchasing "a black, long-sleeved, year-round suit that you'll wear 100 times."

Craig Harmsen, manager of the Men's Wearhouse on Dodge Street, says: "Darker all-wool suits, typically charcoal gray or navy blue, carry more authority."

For men, a solid white cotton shirt, ironed, of course, even if it is "wash and wear," is best.

And silk ties, which are the easiest to tie, are the most professional, Harmsen says.

Plus, until that dream job is landed, varying shirts and ties are simple ways to alter appearance at a minimal cost.

Cribb agrees that a basic suit can be jazzed up a bit by adding and mixing and matching items.

"If you need to update it, you can always go and get a new jacket or get a skirt if you wore pants with it before," she says. "My rule is don't buy anything unless it can go with five other things you already own."

With summer months looming about, some may be wondering about sleeveless suits.

Cribb is generally against this clothing item.

"Sleeveless is probably not the best idea in the work place," she says. "Men can't get away with it."

Also, shoes – preferably black, navy or burgundy leather – should be shined; belts ought to compliment shoes and socks must be long enough to hide the skin when legs are crossed.



Jeremy Acker, right, measures Bob Wang for a suit at the Men's Wearhouse on Dodge Street. Craig Harmsen, store manager, says "darker all-wool suits, typically charcoal gray or navy blue, carry more authority."

"If your belt is black with silver, then you want your jewelry to be silver and your shoes to be black," Cribb says.

Conservative is the key.

Outlandish dress can cost candidates jobs. Little things such as jewelry and cologne must be kept at bay, too.

"Nothing overstated," Muckerheide says. "You don't want to jingle, jangle when going in for an interview."

"Head to toe, you want to look nice," Cribb says.

To maintain a professional look, Cribb suggests keeping jewelry classic and simple. But she warns that it is better to be wearing no jewelry than bad jewelry.

One possible dilemma for female applicants is whether to wear a skirt or pants to an interview. Cribb suggests researching the facility beforehand in order to make that decision.

"If you were interviewing somewhere conservative, I don't know how to say it, but sometimes it helps to wear a skirt," she says. "If you're unsure, buy pants the first time."

For guys, a clean, short haircut is always best and facial hair should be neat and trimmed as well.

Muckerheide says: "You're not trying to impress, you're trying to present an impression as a professional."

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Nebraska



# Director, producer finds happiness working in Nebraska

BEN COFFMAN  
STAFF WRITER

Dana Altman has made a career out of directing and producing movies set in Nebraska.

"There's not much work for me to go out and do," Altman says of living in Nebraska. "I have to create it and then go do it. It hasn't helped my career, but it's a huge decision — the well being of my family. It's 15 minutes home, and then I'm hanging out with my family."

Altman explains his reasons for living in Omaha while sitting in a high-tech, gadget-laden studio that resembles an ultra-modern apartment.

He speaks slowly and seems very relaxed, despite the fact that with recent deadlines he has been working "way too many" hours at North Sea Films, an entertainment development company he started in 1994.

"I own my own business, I do my own accounting — it's kind of an ugly, hard-fought battle," he says as he reclines in a high-backed office chair. "But I put in probably 80 to 100 hours this week."

The image of a military fighter jet is frozen on a large screen behind him, the results of a recent project he's been working on for the military.

Altman is dressed comfortably in casual clothing and sandals — his calm exterior shows no sign of the wear and tear of recent high-stress weeks.

In the "living room" of his upstairs studio is a couch where Altman has been known to take power naps during particularly intense weeks.

"I'm kind of a workaholic character anyway," Altman says. "I love what I do. I'm my own boss, so I yell at myself a lot."

He chides himself calmly: "Get to work, you lazy fool."

Altman has lived and worked in Omaha for the past 13 years.

"Immediately after college, I went to L.A. and worked with Universal [Studios] for two years," Altman says. "And then a gal that I'd met [in Nebraska] told me to come back and marry her, or she was going to run off with a doctor — so I came back, got married and I've had five kids in Nebraska."

Altman first moved to Nebraska in 1980 from Carmel, Calif., when he was in junior high. It was at that time Altman got his first taste of the movie-making business, as an extra in the movie *Popeye*, directed by his grandfather, director Robert Altman.

"I was an extra in the crowd scenes," he says, "lifting my hat like this." Altman demonstrates the action, comically lifting and replacing an imaginary hat on his head and feigning a look of surprise.

Altman also was a props assistant on the shoot, which was in Malta.

"We were there for six months," he says.

Altman later moved from Fremont to North Bend, where he graduated high school. He then attended Wayne State University, where he received a degree in television and film production.

"I went into college because I was going to be an actor," he says. "And then I realized I really sucked as an actor, so I got behind the camera."

From his position on the other side of the camera, Altman has produced and directed a variety of films, commercials,



Filmmaker Dana Altman slows down his pace for a picture in the Red Sea Productions office, located in Omaha.

documentaries and music videos.

His credits include producing and directing David Crosby & CPR: *Through the Music*, a 78-minute program shown on Public Television in more than 77 percent of the country, and producing and directing the feature film *The Private Public*, which was filmed in Omaha and will soon go to DVD and home video.

*The Private Public* will also air on Showtime this summer.

"It's a really cool DVD," Altman says of *The Private Public*. "Showtime enjoys the film and thinks there's a great market for it."

Despite recent career successes, life has not always been easy for the producer/director.

"When I first moved back to Nebraska," he says, "I was pouring concrete to pay the bills and raise my family."

And with multiple deadlines approaching and his hours in the office climbing, Altman sometimes doubts his career choice.

"Believe me, every day I wonder if there's some other line that I should be in," he says with a smile.

But his career choice has provided far more rewarding moments than disappointing ones.

"It's a very collaborative type of business," Altman says. "I rely heavily on everyone around me to do as good a job as they possibly can to make the greatest end product ... I enjoy people and I enjoy collaborating."

He also finds being near his family rewarding.

"I get a great deal of energy from my family," he says.

Altman also has some advice for future filmmakers.

"My recommendations are ... don't say you're going to do it — do it. I think there are a lot of people who get caught up thinking: 'I'm going to do it when I have this, or when I can do it this way' — but as you're starting, and you're getting going, you have to start exposing yourself to completion, because completion is the hardest thing in this line of work."

"When it comes to having an end product in your hand, a lot of people fail. So do it and finish it, and then you can move on, because what you do there is going to give you so much education," he

■ see PRODUCER, page 6

# This just in: Photojournalist's bags are packed

HOLLY LUKASIEWICZ  
STAFF WRITER

"My office is my truck because that's where we spend most our time," KETV photojournalist Pete Soby says. "That's where all our equipment is."

Fuzzy walkie-talkie conversations like those on *Cops* buzz in the background while talking with Soby.

Soby graduated from UNO in August of 1998 with a degree in broadcast journalism. He was a key player in reviving UNO's radio station and also worked at UNO's TV station, KYNE.

"That was such a huge impact on my career because I learned so much," he says of his time at KYNE. "The people there taught us so much that we use even now, stuff I probably wouldn't have learned just from the books. It's a good department up there."

Prior to his time at UNO, Soby attended the University of South Dakota after graduating from Burke High School. While working toward a degree in pre-medicine, Soby bravely walked out on his senior finals.

"I just didn't like what I was doing," he says. "I decided I liked playing with cameras so I came down here and took classes in broadcasting. No regrets."

He says people often give him a hard time about his missed opportunity to make more money as a doctor. Soby sees himself as the lucky one — he was able to find out early that biology was not for him.

"I love doing what I do everyday," he says. "For lack of better words, it's a fun job because you don't know what's going to happen ... or where you're going to be at."

Soby sees college as an ideal time to examine career choices and decide what you want to do — and to get your classes done.

He explained the dynamics of reality versus the perceived truths students often have about future career endeavors.

"You have this idea of what you think [a job is like] while you're in school, but if you come here and spend a real day or semester with us, some realize it's not exactly what they thought it was," he says,

■ see PACKED, page 6

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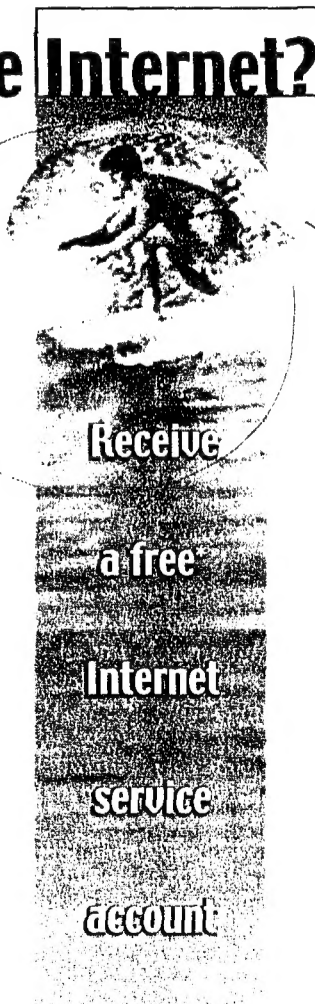
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## Career Center employee helps students find jobs

CHERRIE REICKS  
STAFF WRITER

The hustle and bustle of school can make it difficult to find time to search for jobs. Homework, clubs and projects are just a few of the obstacles in the way of finding a job or internship.

When searching by oneself, it can be difficult to find a job even minutely related to future career aspirations. In addition, employers are easily put off by the idea of employing a college student with an ever-changing schedule. While working for a degree, students are infinitely expected to flip burgers on the way to the top.

UNO's Career Center offers services that can help students find much-needed jobs and internships – and put an end to burger flipping.

Located on the first floor of the Eppley Administration Building, the Career Center presents many programs such as career fairs, a computerized resume guild, a self-directed computerized assessment for career information, a job search Web site and countless other services.

Members of the Career Center's staff, such as Stella Watts, are always on site to assist students with their career and job needs.

Watts is employed as the front office assistant and has many responsibilities geared at assisting students with their needs. She is responsible for the eight work-study students who are employed at the Career Center and acts as a supervisor.

Watts also posts jobs on the Web site, answers phones, orders supplies and makes appointments for the two full-time career counselors.

"We are happy to help anyone looking for a part-time job or an internship," Watts says. "Many people aren't aware we are here to help."

Watts has worked at UNO for a total of 15 years.

She started working for the university as a part-timer in the bookstore.

After a year of service, Watts decided to move to California. She lived there for almost five years, but then returned to her home in Omaha.

Watts then began working at the book-store once again and decided to pursue a bachelor of science in education with a specialization in recreational therapy.

Watts found the job at the Career Center through an advertisement posted through human resources. She enjoys her job and says she finds every day fulfilling in her current position.

Watts continues her education and also has an undergraduate certification in gerontology studies. She is a big advocate of searching for one's dreams.

"All you have to do is find the right place for you, and the rest is easy," Watts says.

Watts has been married for 14 years. She finds enjoyment in many things.

She sings in her church's choir and is an active member of American Baptist Women.

Watts hopes to be able to help anyone at UNO looking for a job.

## 'The toughest job you'll ever love'

KRIS KOHLMEIER  
SENIOR STAFF WRITER

More than 40 years after its inception, the Peace Corps continues to connect college grads with countries in need.

Nearly 168,000 volunteers have lived and worked in developing countries around the world. Volunteers typically work in education, business, environment, agriculture, health and community building.

"Today's Peace Corps is comprised of men and women from across the United States who share a common set of values – a commitment to service, a belief in cross-cultural understanding, and the hope of making the world a better place," says Mark D. Gearan, former Peace Corps director.

Several UNO alumni and staff have volunteered in or worked for the Peace Corps.

Esmail Burhan, professor of Dari (Afghan Persian), trained volunteers heading for Afghanistan in the late 1960s.

He has several reasons for encouraging his students to volunteer.

"Students will get experience with a second culture," Burhan says. "Then they will be in a position to help others."

In addition, Peace Corps volunteers will learn more about their own culture and be able to appreciate it better.

President Bush's call to service

during his State of the Union address, coupled with dim employment prospects, makes the Peace Corps an appealing choice for some grads.

Still, the Peace Corps is not for everyone.

A two-year, three-month time commitment is required and communication can be difficult. Living conditions are adequate but not great. Volunteers receive a small stipend equivalent to what the locals make. Flexibility is required of the volunteer, because life in a developing country can be unpredictable.

The Peace Corps' slogan is "the toughest job you'll ever love," and for many, this call to challenge oneself is reason enough to join.

The application to join is likely the toughest one a student will fill out.

Though the Peace Corps' Web site says summer departures are still available, it is recommended to apply several months in advance.

The initial paper application is several pages long and includes two essays.

When filling out the application, it is important to highlight volunteer and cross-cultural experiences.

Once the application is received, three people (an employer, volunteer supervisor and a friend) must fill out references.

After that, recruits have a 90-minute interview with their regional recruiter. During the interview, the

recruiter will learn the best type of program and ideal region of the world in which the applicant might serve.

If the interview goes well, a list with a few programs will be sent – for example, "teaching English in Central Asia" or "regional planning in Eastern Europe."

The countries are not specified at that time.

After choosing a program and region, more paperwork is required, including medical, dental and legal forms.

Once everything is cleared, a packet will be sent explaining the volunteer's assignment in detail.

The Peace Corps currently serves in 70 countries, so the assignments are diverse.

Volunteers leave in groups, training in the new country for three months, learning the language and culture of their new home.

After that, volunteers begin their projects.

For returned volunteers, the benefits include a \$6,075 readjustment allowance and non-competitive eligibility (a better chance) for federal jobs.

Also, having Peace Corps on a resume shows the applicant is hard working and a little more worldly than most.

Ruth Rudzinski, the Peace Corps regional representative for Nebraska, will be at the Career Fair March 26.

## Foods to avoid before an interview

SARAH MEEDEL  
FEATURES EDITOR

Nobody wants to leave an interview believing they stunk, literally.

Having flatulence problems or bad breath can have an effect whether a person receives a certain job.

Everyone knows how important good hygiene is when on a job interview, but some forget that what they eat can come back to haunt them.

A pearly-white smile will not save someone who has dragon-breath from constant burping.

It is important to brush teeth thoroughly before meeting an interviewer, but there is more to good breath than just clean teeth.

The Irvine Family Practice Medical Group offers some suggestions to minimize belching.

According to the group's newsletter, swallowed air is the primary cause of belching and also may contribute to bloating. Gum chewing is a common method of ingesting large amounts of air.

The Irvine Group suggests avoiding chewing gum along with excessive beverage sipping.

Eating slowly instead of gulping down food can also

help reduce the gas that produces burps. Whipped foods and carbonated beverages like soda can also contribute to the build up of air in the stomach.

Those trying to avoid a gassy stomach should also avoid drinking out of straws and narrow bottles, according to the newsletter. Instead, drink from cups when possible.

To battle gases from the other end of the spectrum, the Irvine Group suggests avoiding foods that produce intestinal gas. The group says foods that produce gas for one person may not produce gas for another. The process can be very hit and miss.

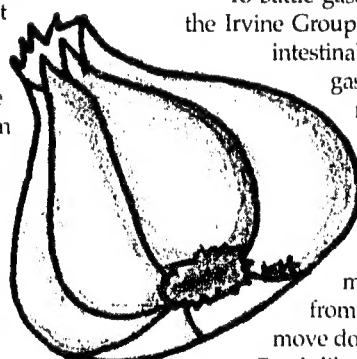
If one is looking to eliminate frequent flatulence, the process can be tedious. It is suggested that gas sufferers remove food they suspect might be the culprit of their problem from their diets. If the problem persists, move down the list to another suspect.

Foods likely on the list are: beans, cabbage, onions, peas, broccoli, prunes, apples, raisins, bananas, sauerkraut and cauliflower.

Fatty foods and heavy sauces can also cause flatulence.

It is also recommended to not overdose on dairy

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says. "I didn't go to film school — I just kept making films."

Altman realizes that even at his level, the career he's chosen is a never-ending learning process.

"I'll never stop learning," he says. "Even on the

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"and some get a little more fired up about it because it's more than what they thought it was.

"Internships, training, apprenticing, whatever position you can get that will give you some experience in the field you're studying [is invaluable]," he says, "because if you have the education and experience, you're going to look

golden to a company."

He also warned about steady yourself for the shock of working in the real world.

"It's a different pace than it is in school," he says. "The pace is what gets you when you first get out of school."

And what about pacing during war?

Soby sees war as the most

things that I've done a hundred times. I've made 50 commercials. Every commercial presents a new thing I need to deal with, whether it's personality traits and dealing with someone you don't like, or an agency, or listening to something, or exposing yourself to new music ... every single project I do gives me more tools to apply to my next project."

important news story a person could ever cover because of its universal impact on the human race. He would not pass up an opportunity to be in Iraq.

"I wish I could be overseas covering the war. I'm sure I would be scared out of my mind. It's right there [on TV] — we're seeing it live," he says. "Everything will change after this."

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EOE



# Many employers now use personality tests throughout the hiring process

HARRY WESSEL  
THE ORLANDO SENTINEL

Not so long ago, getting a job was a three-step process.

You filled out an application, handed in a resume and sat down for an interview.

Increasingly, a fourth step has been added: a pre-employment test although it usually is not called a test although it is designed to predict how you will behave on the job.

These predictive-behavior personality tests are also known as personality assessments, profiles, surveys, inventories, etc. They are used by most Fortune 1,000 companies and increasingly by medium- and small-sized companies as the tests' costs drop and their availability increases.

Some experts say the tests do a better job than face-to-face interviews in predicting job performance.

Chockalingam Viswesvaran, a Florida International University psychology professor and researcher, does not agree.

There aren't any empirical studies on the ability of interviews to predict specific negative behaviors, Viswesvaran said, but "for overall job performance, an interview is a better predictor than a personality test."

However, he said the type of predictive-behavior tests he has studied, known as "integrity" or "honesty" tests, have been accurate in predicting specific counterproductive behaviors, such as theft and absenteeism.

Viswesvaran believes the increased use of personality tests started after a 1993

task force report by the American Psychology Association said the tests were OK.

"It gave a big push to the industry," he said, "and around 1995 the testing industry took off."

There now are hundreds of different tests on the market, leading Viswesvaran and other experts to warn that employers must be careful in choosing which test to use, and once the choice is made, not to put too much stock in it.

"My feeling is they're overused and over interpreted," said Eduardo Salas, a professor of industrial psychology at the University of Central Florida. "They have limited validity when used by themselves."

Companies that make and market predictive-behavior tests acknowledge their limitations.

"You should never base a hiring decision solely on an assessment result," said Markku Kauppinen, president of Extended Disc North America.

Extended Disc's questionnaire creates a "behavioral profile" used for hiring decisions as well as for employee development.

Employers "have an easy time identifying skill requirements," Kauppinen said. "They have a harder time identifying behavioral requirements. When the fit is right, both employer and employee will be more satisfied."

But with many of the tests, the promise to employers goes beyond satisfaction to tangible pocketbook issues.

A Minneapolis-based testing company, ePredix, cites studies indicating that companies using its tests experience a decrease in absenteeism and turnover.

A regional bottling company cut the number of sick days in half; an airline reduced tardiness by one-third; and a national retailer reduced its employee turnover by 40 percent, according to company literature.

"You're asking a number of questions about how [prospective employees] will behave in a situation, or facts about themselves. These factors statistically relate" to future job performance, explains Katrina Dewar, ePredix's founder and chief executive officer.

Darden Restaurants, an Orlando, Fla.-based Fortune 500 company, uses a "work-style inventory" as part of its hiring process. The inventory is used for all positions at the company, although the higher the position, the more involved and lengthy the test.

"We don't call it a test. That has a connotation of pass-fail," said Kevin Cottingham, Darden's vice president of leadership development. The inventory "adds insights. We want to make sure we don't set up a person for failure. That's bad for our company and bad for the person."

Cottingham said Darden's inventory is a slightly better predictor of on-the-job behavior than a traditional face-to-face interview, but it's just one of several components of the hiring process. "If they don't get a job here, it was not because of the test."

Another Fortune 500 company, Illinois-based Household International, has used predictive-behavior tests for the past four years.

Mari-Esther Norman, human resources manager in the financial service company's Jacksonville, Fla., call center, said the assessment is done on the computer, takes about 30 minutes and gives instant results.

The company has seen a decrease in absenteeism and improved retention, Norman said, although it is too soon to say those changes are due to the test.

But, she said, "I appreciate having a tool that gives us insight as to whether an applicant is right for the position."

Norman said the test can provide information that an interview can't.

"In front of a computer, a person might be more frank and honest, compared to being under pressure in a face-to-face interview," she said.

Some employers that use predictive tests do not use them for all employees. Disney and SunTrust, for example, use them only for executive and leadership positions.

Viswesvaran said the changing workplace, with an increasing emphasis on teamwork, makes tests that predict behavior and delve into personality more attractive to employers.

It is not enough for workers to be skilled at what they do, Viswesvaran said. "People need to be adaptable and flexible, so personality will play a major role."


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Refer to job posting #03-39, UUNO

Mayo Clinic is an affirmative action and equal opportunity educator and employer.

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products. Most people can tolerate about one half cup of dairy products at a time.

A final dietary suggestion is to decrease intake of bran from cereals and whole grain breads and to slowly increase the intake of fiber.

To reduce gas on a regular basis, the Irvine Group suggests exercising

regularly, sitting down when eating (never lay down) and reducing stress levels.

For those with excessive gas problems that are hard to control with a simple change in diet, try an over-the-counter solution like Beano or Gas-X.

Chronic gas problems cannot be cured overnight, but temporary gas relief can be gained by avoiding troublesome foods.

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